CIRCLES AS STORIES, 4 | SLICE OF LIFE, 28 | A NOTE FROM NANCY, 37

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See story on page 25

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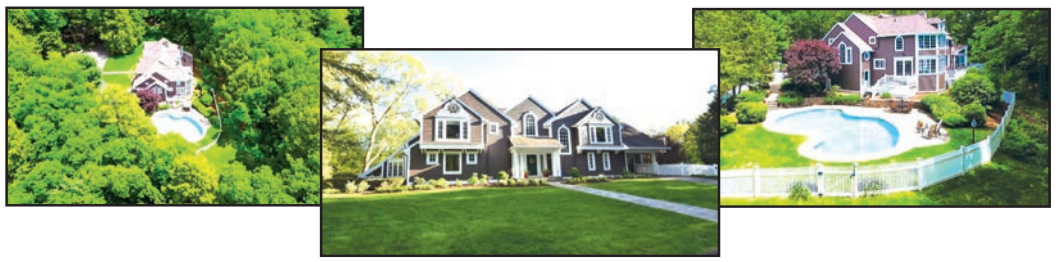

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QUOTE OF NOTE:

"I often create, then look into the symbolism."– *Cassia Cogger*

See story page 4

ON THE COVER

Brenda Sullivan and her daughter, Katie, have collaborated on a very special book.

Photo by Lisa Brisson
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Local artist creates stories with circles

Cassia Cogger shares her techniques in a new book

by Nancy Thompson
Editor

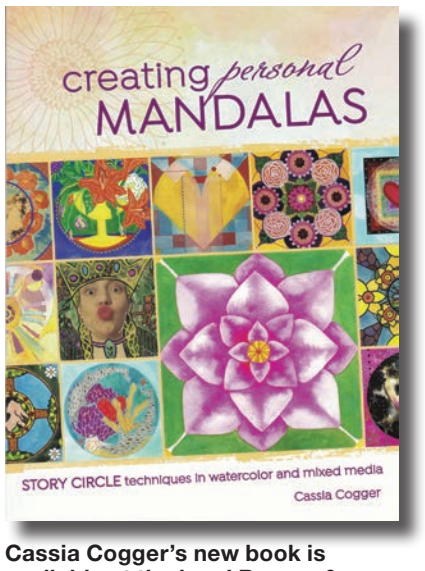
A circle is just a circle, right?

Not when it becomes a story circle or a personal mandala, as Cassia Cogger's new book demonstrates.

Cogger, an artist and teacher who lives in town with her husband and two children, has written Creating Personal Mandalas to help people create story circles.

"Does it sometimes seem like life swirls around you, leaving you feeling increasingly lost and slightly disconnected? As if you're not fully or even partially expressed? What if you could be? You can," she writes in the book's introduction.

What follows is a combination of Cassia the teacher, providing a list of general materials, tips for using different media, the elements of design, and symbols, and Cassia the artist, with examples of story circles



Cassia Cogger's new book is available at the local Barnes & Noble and through amazon.com and other major booksellers.

illustrating self-discovery, memories, hopes, dreams, fears and grief, among others. There also is Cassia the philosopher, quoting such diverse thinkers as Voltaire, who wrote, "God is a circle whose center is everywhere and circumference is nowhere;" Dag Hammarskjold, who said, "The more faithfully you listed to the voice within you, the better you will hear what is sounding outside;" and Maya Angelou, who wrote, "There is no greater agony than bearing an untold story inside you."

Cogger grew up in Colorado and earned a degree in art from the University of Colorado. After marrying her husband, Stephen, she moved to New York City, where they lived for seven years. They returned to Colorado before Stephen's sister, who lives in Glastonbury, urged them to move here seven years ago. She took videos of a house that was for sale and the Coggers bought it sight unseen.

Nancy Thompson photo

Cassia Cogger is an artist and author.

Cogger said she "pretty much stopped making art" after their first child was born. "I lost my voice as an artist," she said. "I did whatever I could, but nothing felt really serious. After our son was born in 2010 I knew I had to get back."

She became interested in sacred geometry, with concepts such as the golden mean, the significance of spirals, and the symbolism of flowers, then started incorporating those ideas into circles.

"I often create, then look into the symbolism," she said. "You sort of tap into the collective unconscious of the universe. That sounds really wacky, but it's also very true."

The idea for the book came out of an online mandala course Cogger taught every summer. An editor for North Light Books happened to take the course and contacted Cogger three years later to ask if she'd be interested in writing a book. Cogger started working on the book, which is printed on glossy paper with hundreds of illustrations, two years ago. "It was a very long process," she said. "I'd write it, wait, edit it, wait. I had to learn a lot about photographs."

Courtesy of Cassia Cogger

Created at the end of a long winter while spring was slow to approach, this circle celebrates Brigid, goddess of Imbolc as well as a bunny and snow drops symbolizing the first signs of spring.

Cogger's editor, Tonia Jenny, said they have become friends through their work together.

"I really loved the course and thought at the time it would make a cool book, but something inside me told me to wait and I listened to my gut and waited a couple years until the time felt right," she said. "And then it was. Through our work together on the book, I've loved getting to know her and am continually inspired by her insatiable curiosity to create. I now consider Cassia a friend."

She continued, "Her open mind and willingness to give anything a try impresses me the most about the artist and as for the art, I'd say its beautiful ability to speak universally. Visually her work leans toward the minimal, but every element has meaning and thought behind it. In this way, she can say so much though so few marks and hues."

Timothy Clark has known Cogger for more than 15 years, since he was her instructor at the Art Students League of New York.

"She stood out as a talent with a unique vision, always seeking and often finding a healing quality in her work," he said. "She and her husband, and later her two children, all became friends. I introduced Cassia

to the noted artist, the late Will Barnet. Will and I took great pleasure in championing her work. Cassia has established herself as artist and educator and I was impressed with her leadership ability at an early age when she assumed the role of Board member of the Art Students League. A hallmark of people with great talent is the ability to do many things well. We must include Cassia in this rare company."

Barnet, who died in 2012, praised Cogger in a 2006 issue of Watercolor Magazine that featured her as a rising star.

"Cassia Cogger's watercolors envelop a wonderful range of composition, figuration, and abstraction. She treats the medium with great confidence and intensifies the naturalness of everyday objects. Her skill in organizing her private universe reveals a very powerful sense of form. Very rarely have I seen watercolor treated with such a personal and physical dynamic."

Katrina Gallant-Russo is part of a collective of mother-artists Cogger formed. They, too, have become friends as well as colleagues.

"I felt a connection early on with Cassia," Gallant-Russo said. "We bonded first over our pregnancy/ mama stories, both mothers to active, compassionate little boys. I soon learned of Cassia's story circles and fell in love with her many styles of art. Cassia has many talents and outlets but for me mostly she is a guiding light- grounded, peaceful and very in tune. Cassia is always there to help me on my journey, is eloquent with her words and never ceases to amaze me with her drive to learn more and to share with her community. I adore this special lady and am blessed to have her in my life." **GL**

Creating Personal Mandalas is available at the local Barnes & Noble, on Amazon.com and at other major booksellers. Cogger's story circles will be exhibited at Wesleyan University's Green Street Art Center in Middletown through July 27. Her work, along with that of others in the mother-artist group, will be on display at the Windsor Art Center Sept. 16 through Oct. 28. Her website is CassiaCogger.com.

The lotus, depicted in this story circle, symbolizes enlightenment. Courtesy of Cassia Cogger

Artwork courtesy of Cassia Cogger

Cassia Cogger created this design after visiting Block Island with her children to visit her friend Persephone.

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Giving new meaning to the senior grind

Local KO grad and his friend started a successful coffee shop

by Nancy Thompson
LIFE Staff

When Jack Antico visited his brother at Georgetown University, he noticed the many trendy coffee places on campus. The idea for "KO on the Grind" was born.

Jack and his friend, Ryan Clifford of West Hartford, at the time both seniors at Kingswood Oxford School and both planning to study business in college, decided to open a gourmet coffee shop on their campus.

Call it hands-on entrepreneurship 101.

The two, Ryan, who's passionate about coffee, and Jack, who doesn't drink it, wrote a business plan and submitted it to school administrators. The administrators asked for more information, which the two youths provided. The café opened in the spring, only a couple of months before they were to graduate and while they were dealing with all the normal senior year activities, responsibilities and stress. By the time the school year ended, they had eight employees and were training a couple of younger students to continue the business for the next school year.

They made lattes, cappuccinos and espresso – no ordinary coffee at this café – to order, using an espresso machine and grinding the beans themselves. "No one ever ordered drip coffee from us," Jack said. "Lots of kids never drank coffee before. We urged them to try it, and we never had anybody try anything they didn't like."

Jack baked the brownies, blondies, and muffins in the family's oven. He credited him mother, Colleen, with teaching him how to bake and giving him recipes. "She has been

Courtesy photo

Jack Antico (left) and Ryan Clifford started a successful coffee shop at Kingswood Oxford School before graduating in June. Both will study business in college.

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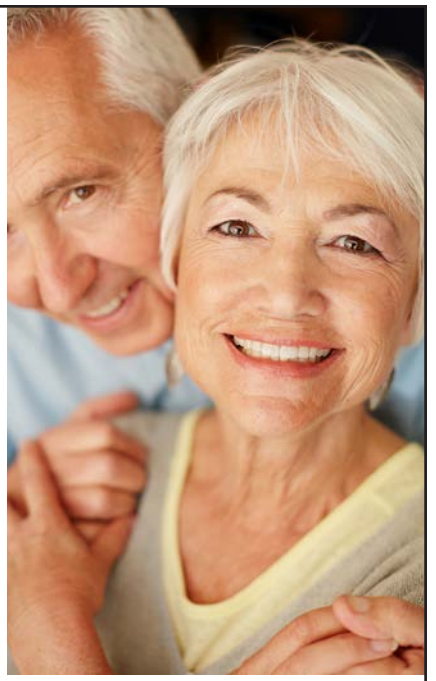

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so giving of her time," he said.

Jack has been interested in business since he was a child, when he went door-to-door offering to shovel neighbors' walks, and at one point tried running a dog-walking business. At KO, he was secretary of the school's investment club and did what he called "a couple of business-related things" in addition to working on the school newspaper and escorting prospective students around campus. He also did an internship at Stanley Black & Decker, Inc. Investor Relations, which he said "really sparked" his interest in entrepreneurship.

Business acumen seems to run in the family. He described his father, Victor, who owns a hospitality management business based in Vernon, as "the original entrepreneur." And his brother, Stephen is majoring in international business at Georgetown and served as a consultant on the café project. He has a younger sister, Katherine, who will enter Mercy High school this year.

For his part, Ryan said he enjoyed the experience and learned a lot from it.

"Although it sounds cheesy, there was really nothing better than seeing a satisfied customer," he said. "KO was also really supportive of the business, which was really awesome, especially given how busy everyone must have been at the end of the year. These people took time out of their busy day to talk and go over our plans, the rent we would pay them, etc., so Jack and I could have this experience. We are both so grateful for that."

He acknowledged that the business was challenging to set up because they both knew it would be a short-term project. "Jack and I started this in the end of our second semester in our senior year. It was difficult trying to adjust to that, because we could only buy in so much bulk. We didn't want to have a ton of supplies left over by the end of the year, as it would be a waste of money. Not only did that mean constant shopping trips, but it also meant decreased profit margins because it would have been cheaper to buy in bulk, but like I said, that wasn't an option for us. It was also really annoying, because just as the year was ending, we were really starting to make money and hire more people. I think it would have been interesting to see how far we could have actually taken this, but either way, it was an excellent learning experience."

"Jack is a self-directed individual in many ways. He is a student who can reflect critically on prior experiences and use them as a springboard for new ideas."

–William Gilyard, Dean of Students

He said he hopes to work in the family business, BRD Builders of Hartford, eventually taking it over when his father, Mike, retires.

Both young entrepreneurs impressed school officials with the way they went about starting and growing their business.

"Jack is always looking for ways to contribute, to do something new. He has explored a number of initiatives over his time at KO, learns from those experiences, and continues to refine his ideas. Jack does an excellent job juggling academic and athletic commitments with community service projects and now, most recently, the coffee shop idea he developed with Ryan Clifford," said Natalie Demers, associate head of school. "In navigating the process of creating this coffee shop, I was particularly impressed with the fact that both Ryan and Jack stuck with the project in the midst of the spring of their senior year – a time when most are enjoying the run to graduation. We asked them to do student surveys to assess the viability of a coffee shop and we asked them for a business plan. They were thoughtful, thorough and professional in all they did."

"Jack is a self-directed individual in many ways. He is a student who can reflect critically on prior experiences and use them as a springboard for new ideas," said Dean of Students William Gilyard. "He is someone that has vision and the willingness to put in the time and effort to realize a goal. That type of persistence and also comfort with failure is an important trait to have as an entrepreneur." GL

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Helene Kapelewski of Glastonbury co-owns Just Like New Consignment with her sister Lydia Kriak. The Glastonbury store is celebrating its 15th anniversary. They also have a store in Vernon.

Photo by Mara Dresner

'Like retail therapy while saving money'

Just Like New Consignment celebrates 15 years in Glastonbury

by Mara Dresner
Staff Writer

Sisters Helene Kapelewski and Lydia Kriak had been working in the optical field when they decided they needed a change.

"We had gotten married and had always loved tag sales and flea markets," Kapelewski said. "We were always treasure hunters. At that point in life, we wanted to have the flexibility of having a small business for when one or both of us would have a family."

In the early 1990s, they opened Just Like New Consignment in Vernon, adding a second location in Glastonbury in April 2002.

They were a little green when it came to running a business.

"Very naively, that was our idea. Silly us, we thought we'd have this little boutique and take turns running it. We had no idea what a boon consignment would be back then. We immediately got so busy and popular. We moved two times in the plaza where we opened in Vernon," said Kapelewski, a Glastonbury resident.

She has four children and her sister two, and things were hectic running the store.

"In fact once we did start having kids, our kids would be there in baby swings behind the counter while we were trying to work. We'd be going in after closing, trying to work," she recalled.

As the store was growing in Vernon, they knew they wanted to expand. Kapelewski said they took their time to find the right location, which they did 15 years ago in the Putnam Bridge Plaza.

As their business grew so did their staff.

"It became a whole family affair; ultimately our mother started working for us," she noted. "Then we had regular staff.

Most of our staff has been here for years. We have very solid, seasoned staff that knows fashion, that knows what's current. Then we get summer girls, college girls that come back and work in the summer. The staff knows the customers very well and vice versa."

That, Kapelewski said, has been important to their success.

"Things have gotten very impersonal when you go shopping. Customers like you to know their name when they come in and remember them [or say,] 'I put aside a blouse I thought you'd like.' One woman called us a mini Nordstrom."

The store has a wide variety of merchandise for men, women and children, as well as home goods. Entire racks are devoted to brands such as Talbots, Ann Taylor or J. Jill.

"The mission of the shop is really to enable an average income person to able to afford high-end brands and designer brands, quality, beautiful leather handbags or clothes from Anthropologie. You can afford those brands and get three or four tops for a child from Gymboree compared to one new top from a big-box store," Kapelewski said. "We love to have unique things that come from anywhere, pottery from Europe, you name it. It's a different shopping experience every time you walk in."

"Consignment used to be a hush-hush thing. It isn't so anymore."

– Helene Kapelewski

She also buys handbags and jewelry in New York City in the wholesale district to sell in the shop.

Jenny Kerr started shopping at Just Like New when the store opened in Vernon.

"I've probably bought an outfit from them for every type of occasion that could possibly come up, from dates to showers to weddings to my honeymoon to maternity clothes to kids' clothes and even clothes for my husband. I was so excited when they opened their second store in Glastonbury," she said. "Between the two stores you can always find a great deal on that special designer outfit or bag. You can stay trendy and find high-quality products at affordable discounted prices. The staff is always willing to help. They are kind and polite and keep everything nicely organized. Although they are mainly focused on fashion, they are not limited to only attire. They also offer beautiful accessories, jewelry, shoes and also household items. I also love when I get tired of my belongings, they are more than willing to sell them for me for cash or another fashionista moment on a budget."

Just Like New also donates to a variety of organizations, as well as holding drives, such as collecting items for animal shelters.

"We feel like we're part of the community that way and give back to community," Kapelewski noted.

She's seen a lot of trends come and go through the years. Lately, she's been surprised by popularity of high-waisted pants and color-blocking, as well as UGG boots with open toes. She's also seen a change in the way that people view consignment.

"Consignment used to be a hush-hush thing. It isn't so anymore. Now they'll tell you they got something at a consignment store. They'll brag about how little they paid for something. I think younger people like recycling; they like the idea of paying less for something nice," Kapelewski said. "I think people get less and less customer service elsewhere, so they like being in a consignment store. You can get current fashion and accessories for a fraction of what you would pay anywhere else – and enjoy your experience doing it. It's like retail therapy while saving money." **GL**

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Giovanni's expands to local golf course

New restaurant will be open all year

by Nancy Thompson
Editor

Giovanni's, a popular restaurant in the center of town, is on the move.

The pizzeria, which offers brick oven pizza as well as appetizers, salads, burgers, grinders, wraps and panini, dinners and specialties such as fish tacos and fish and chips, will open a second location at the town-owned Minnechaug Golf Course in East Glastonbury.

People involved in the project are looking forward to the expansion and confident it will be well received.

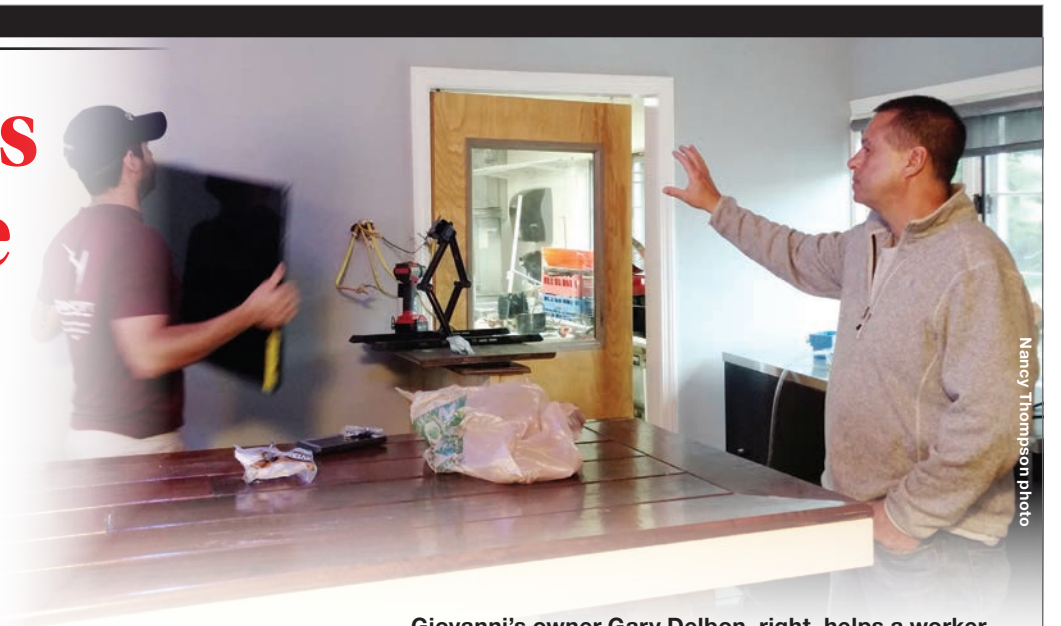
"We're very excited about this," said Town Manager Richard J. Johnson. "We're looking forward to it. I think it will complement the golf course."

Charlie Scholl, who with his brother, Frank, manages Minnechaug for the town, said he believes the restaurant will be good for the community and for the golf course.

"The Giovanni's name is absolutely going to be good for us," he said, adding of Giovanni's owner Gary Delbon, "The reputation that he brings is solid, and it will be a good tool to attract golfers and the community."

Bob Clark, the course's golf professional, said he believes the change will be a positive move.

"It'll a great place," he said.



Nancy Thompson photo

Giovanni's owner Gary Delbon, right, helps a worker position a new television in the restaurant's bar area.

The restaurant, which will be run separately from the golf course, has been in the planning stages for several months.

"We decided we would look at options to separate the restaurant from the golf course," Johnson said. "We talked with the Scholls and they were OK with the idea. We got some proposals and picked Giovanni's."

The Town Council agreed to charge Giovanni's $1,000 a month for the first two years of its five-year lease, with the idea that the monthly lease might be adjusted after two years.

The biggest change, in addition to a new bar and expanded menu, is that the restaurant will be open seven days a week all year. In the past, the restaurant at Minnechaug catered mostly to golfers and was

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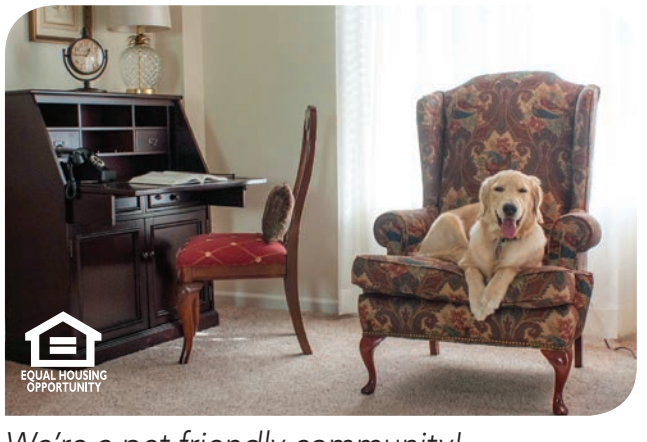

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open only during the golf season and then only when the course was open.

Delbon, who has been spending a lot of time overseeing renovations at the restaurant, said it will have a full bar rather than a license for beer only, and that the bar area will be separated from the dining room by a three-quarter height wall.

Other renovations will include booths, new tile, the inclusion of an area for large groups, such as youth athletic teams, televisions and entrances from the front of the building and from the deck that overlooks the course.

"It's very bright and open," Delbon said.

The 2500-square-foot restaurant will serve roughly the same menu as the Hebron Avenue location, including pizza slices.

"It will be family-friendly, and there will be something for everybody," Delbon said, adding that he plans to serve breakfasts on the weekends and also would like to deliver food in the immediate neighborhood using a golf cart.

Delbon, who lives in that part of town and has children in the local school system and local youth athletic leagues, has been active in youth sports as a coach and sponsor and often donates pizzas to school fundraisers and other activities. He said town officials have been supportive.

"The town has been great," he said. "Richard and Ray [Purtell, head of the parks and recreation department] have been great."

The men said the fact that the restaurant will be run separately from the golf course is important.

"When we took over, the charter was only seasonal," Scholl said. "The restaurant shut when the golf course did. Traditionally, operating the same hours is a pitfall because people want set hours."

Clark and Johnson agreed.

"Operating with set hours will make a huge difference," Clark said.

Johnson also stressed the importance of separating the two businesses.

"The golf course guys will be focusing on the golf course, and the restaurant guys will be focusing on the restaurant," he said. **GL**

This new sign will be installed on the Minnechaug Golf Course clubhouse.

Courtesy photo

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What do Georgetown, Johns Hopkins, and Bates have in common?

Each is welcoming Northwest Catholic High School 2017 alumni to its Class of 2021

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Congratulations to all NWC 2017 graduates and the colleges & universities welcoming them this fall!

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JULIA ROSNER **860-508-3636**

GLASTONBURY **$719,900**
5BR/5.2BA in popular Balmoral nbrhd. Custom built-ins, HW floors w/ in-lays, french doors, 4 fp. Chef's kit w/ lrg cntr isle, b'fast bar, dbl ovens & 2 sinks. MBR w/ 2 walk in closets. Fin LL w/ FR, kit, exercise rm, full BA & gas fp. Lg 3 car gar.
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GLASTONBURY **$124,900**
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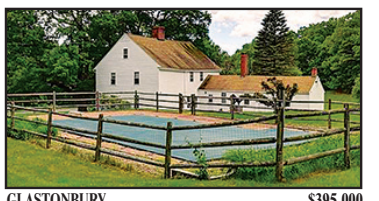

GLASTONBURY **$395,000**
Historic Col estate-like setting on 3 usable acres suitable for animals, gardening, harvesting. 10 rooms incl. 4BRs. 5 working fireplaces. Center chimney w/ Ell. 3 bay garage & 2 stalls in barn. Ingrnd pool! Circa 1774 on Nat'l Reg of Historic Places.
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GLASTONBURY **$164,900**
2BR/1.1BA Lg energy effic. end unit. Open kit w/ b'fast bar open to LR. 1/2 guest bath on 1st flr. FR in LL. Neutral colors. Owner upgrades: New high efficiency furnace & AC (2016) New 5 burner gas range (2016) New gas water heater (2012) and more!
JODYSMAGLIS.COM **860-573-2090**

BOZRAH **$235,000**
3BR/1.1BA 1749 Cape w/ c/air, c/vac, main flr lndry, wide board flrs, wood paned wndws, central hearth w/ 3 fp, cedar shingle roof & built ins. 2 car gar w/ workshop & upper level, sheds, screen house, & an outhouse! Wrought iron fences & stone walls.
GINAMLAVERY.COM **860-869-2148**

COLUMBIA **$325,000**
3BR/2BA Ranch w/ opn flr pln & seasonal views of Mono Pond! Great rm w/ flr to ceiling gas fp, cathedral beamed ceilings & french doors to wraparound trex deck. Updated kit w/ SS & granite. Full walkout bsmnt. Whole house generator. Newer roof & HWH.
JULIA ROSNER **860-508-3636**

COVENTRY **$156,900**
3BR/1BA Cape. Open floor plan. 1st floor BR w/ sliders to deck. Updates to kit & BA. HW floors on 1st & 2nd. New roof & garage door'14. New well pump'12. New deck & patio'16. Summer fun w/ access to assoc. beach at Coventry Lake only $55/yr.
JODYSMAGLIS.COM **860-573-2090**

EAST HADDAM **$349,000**
4BR/3.1BA post & beam home. Wideboard wood flrs thruout. MBR w/ fp, sitting area & walk-in closet. Back-to-back stone hearth in FR & DR. Kit w/ eat-in area & desk, granite & SS. Lg great room. Mudroom. Laundry on 1st flr. C/air & C/vac. 2 Car gar.
SHARON FOX **860-805-6917**

EAST HAMPTON **$424,000**
Nature lovers'paradise! Beautiful property, approx. 5 acres with 2420'Colonial / Contemporary home with 2-3 BRs, 2.1 Baths, Sunroom, Screened in Porch, Large Deck, finished basement and 2 Car Garage and much more. A must see in Middle Haddam!
JOANNE BARMASSE **860-301-8949**

EAST HAMPTON **$405,000**
4BR/3BA Col in Valli Estates at end of cul de sac. 2 story foyer, kit w/ granite, & slider to deck. 1st flr FR w/ woodburning fp & cathedral ceil. MBR suite w/ tray ceil. Loft off 2nd level hall. Private bckyrd. Airline Trail just beyond stone wall.
LINDAGURTEL.COM **860-543-1544**

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Approved building lot located in Sovereign Ridge II Subdivision! Great loc minutes from shopping centers, Rt 9 and I-91 N & S. Wooded lot w/public water & sewer available at a great price. Come drive by today & imagine what your dream home could be!
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EAST HARTFORD **$162,500**
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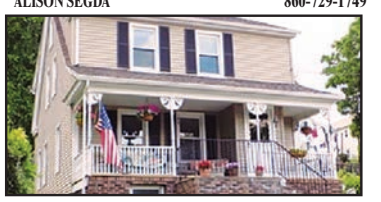
MIDDLETOWN **$133,000**
2BR/2BA condo. City living in CT's hippest area. Steps from waterfront dining & main st cafes & shops. Scenic views from balcony. HOA incls. heat, hot water, c/air. Laundry in unit. Onsite storage. Year round indoor heated pool & exercise facility.
ALISON SEGDA **860-729-1749**

PORTLAND **$215,000**
The perfect choice! Carefree living at Grandview Farms, a ranch-style detached home w/ attached garage, walk-out basement & walk-up attic w/ potential expansion. 55+ community with clubhouse. Deck & winter views. Don't miss this opportunity!
SUZANNEDELANY.COM **860-402-6178**

SOUTH WINDSOR **$439,900**
5BR/2.1BA Colonial. Move in ready. Lg EIK walks out to 3 seas screened in porch. Hot tub & heated in-ground pool. LR w/ fp. Opn flr pln. MBR suite w/ 2 closets, spa bath & standing shower w/ rain head & dble vanity! Fully finished walk out basement.
SARAH MARTIN **860-539-7726**

SOUTH WINDSOR **$227,900**
3BR/1BA renovated split level. Open kit & LR have perfect layout for relaxing or entertaining. New kit cabs & granite cntrtps. New 12'x16'deck & level, priv yard. Lots of closet space. New high effic. gas furnace. Near Veterans Memorial park & pool.
HERBCARLON.COM **860-716-5347**

WESTBROOK **$627,000**
4BR/2.1BA home. 2 master suites! Treehouse BR w/ balcony & water views. Lg, basement w/ workbench. Shady patio w/ waterview dining inside & out. Theater-sized flat screen media room. Private Grove Beach Pt 500 meters away. Property is year'round.
HERBCARLON.COM **860-716-5347**



WATERBURY **$96,500**
3 BR/1 BA w/vinyl siding & stone front porch. Well maintained. FR & TV room. Kitchen w/pantry. Walkout basement is unfinished & equipped w/a sump pump. The oil tank is in the basement. All BRs are upstairs w/a full BA. ON STREET PARKING ONLY.
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Business Notes

Courtesy photos

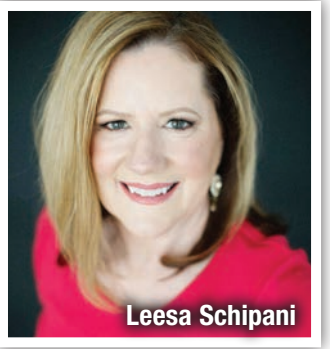
Somerset Square is turning into a performance venue for the next few months. The once-monthly events will run on the third Thursday of the month through October with the following performers: Anne Cubberly's Giant Puppets & Masks, July 20; Cirque Somerset, with aerialists, contortionists and more from Air Temple Arts, August 17; That's Amore, featuring outdoor opera arias and wine with the Hartford Opera Theatre, September 21; and Halloween Hilarity, with holiday-themed comedy with Sea Tea Improv, October 19. The performances will take place from 5:30 to 7:30 p.m. at the square.

Chelsea Peruccio has joined **Smith Brothers Insurance** as employee benefits advisor. Her responsibilities include new business development, account management, and creating employee benefit strategies to help clients achieve positive results.

Leesa Schipani, a partner at KardasLarson, a local human resources consulting firm, was a co-leader for a seminar about the latest trends in employee benefits presented to business leaders recently.

Michelle Collins is the top listing agent for April and **Wendy Lang** is the top selling agent for the month at the local office of Berkshire Hathaway HomeServices.

The Connecticut River Valley Chamber of Commerce is sponsoring a leads exchange group that is open to members and non-members



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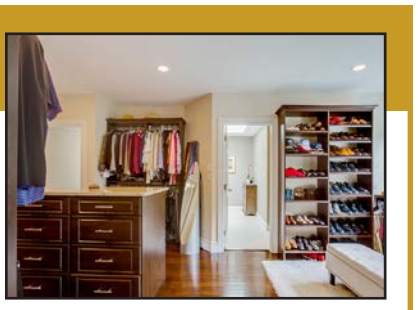

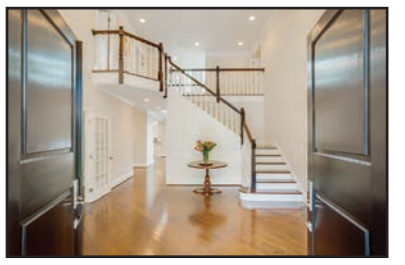

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as an opportunity to connect with other local business owners and professionals. The group meets on the first Thursday of the month from 7:30 to 9 a.m. at Firehouse Subs and includes a 30-second commercial from each participant.

Employees of **Smith Brothers Insurance** walked in teams on a 1.5-mile course during the company's Sixth Annual Walking Day to promote wellness. The company sponsored a 20-minute walk during the workday in its annual celebration of well-being, comradery and competition.

Norcom Mortgage has opened a local office at 2640 Main Street, Suite 200. The company recently celebrated a ribbon-cutting with members of the Connecticut River Valley Chamber of Commerce. Their phone is 860-633-1836.

Cathy Glynn, owner of **Cathy's Nursery School,** John Tanski and head teacher Judy Moriarty stand with Julia Tanski. Julia and her father both graduated from the nursery school. **GL**

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ROUSEPROPERTIES

People Notes

Courtesy photos

Shannon Barillari has been inducted into Alpha Mu Alpha, Eastern Connecticut State University's chapter of Phi Alpha Theta, the national honor society for the study of history.

Amanda Percival has been inducted into Sigma Tau Delta National Honor Society at Western New England University.

Nicole Gottschalk has been honored as a scholar athlete at the State University of New York at New Paltz.

Thomas Quinn has made the dean's list at Colby-Sawyer Colleg.

Emma Summers has made the dean's list at Belmont University.

GL PEEPS JUL DESANDRE

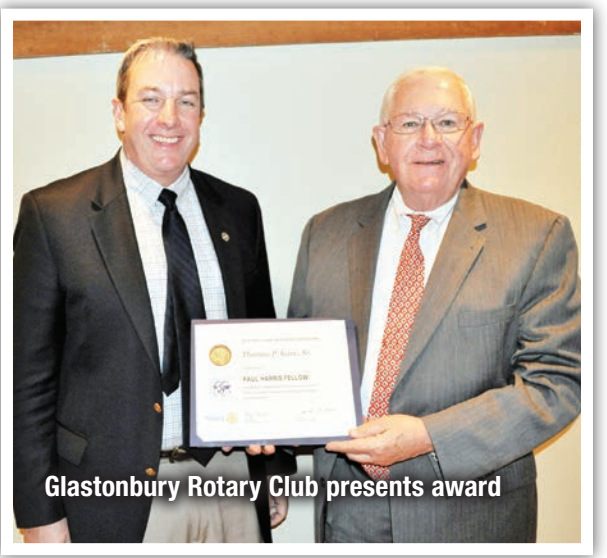
Cara Manfredi has graduated from the State University of New York at Potsdam with a master's degree in education.

Catherine Matyas and **Rachel Santarsiero** made the dean's list at Worcester Polytechnic Institute.

Nicholas Angelo, Michaila Carey, Hunter DeCarolis, Robert Koolis, Rachael LaPanne, William McDermott, Arkadiusz Myszka and **Aliza Zimmerman** have made the dean's list at Keene State University.

Andrew Shipman, Katherine Obedzinski and **Kelsey Finn** have made the dean's list at Emerson College.

Kylie McKeever has been named to the Champlain College trustee's list in recognizing of earning a 4.0 grade point average for at least two consecutive semesters.



Glastonbury Rotary Club presents award

Thomas P. Kane has received the Paul Harris Award from his son, Glastonbury Rotary Club President **Thomas B. Kane.** The club gives the award, the highest in rotary, annually to a person who best exemplifies the ideals of Rotary by following the motto of "Service above Self."

Kylie McKeever and **Cameron Michaels** graduated from Champlain College.

Cameron Michaels and **Michael Deplante** made the dean's list at Champlain College.

Alexander Martino and **Allison Morande** graduated from Curry College.

Colin Gladding and **Kevin Zacchera** earned graduate degrees from Worcester Polytechnic Institute.

Matthew Googins and **Lauren Baker** graduated from Worcester Polytechnic Institute.

11 Critical home inspection

Traps to be aware of before listing your Wethersfield home

WETHERSFIELD - Newmarket - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the home inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved. To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-597-7893 and enter 1003. You can call any time, 24 hours a day, 7 days a week.

This report is courtesy of Sanam Solati Yurczyk, REALTOR®, EXIT Realty Black Rock. Not intended to solicit properties already listed for sale.

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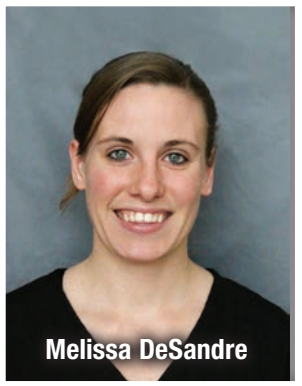
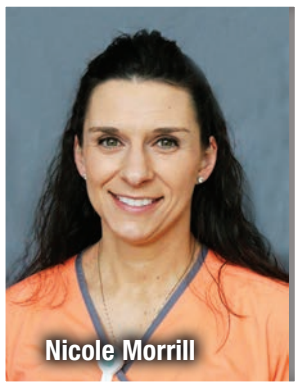

Melissa DeSandre


Nicole Morrill

Melissa DeSandre and **Nicole Morrill,** registered nurses at Gaylord Specialty Healthcare, have been honored with the Nightingale Award for Excellence in Nursing. Dustin Cooley and Alexander Savino graduated from Marist College.

Brendan Stephan, Sarah Tobias and **Aidan Benner** graduated from University of New Hampshire.

Mackenzie S. Burns and **Mason J. Grande** graduated from St. Lawrence University.

Shannon Barillari, Victoria Cosma, Jonathan DeCasanova, Patrick DuVerger, Brenden Gottlieb, Luisa Florez, Danielle Little, Geoffrey Lussier, Zachary McKenzie, Scott Scheirey, Michael Swahn, Timothy Taylor, Matthew McKinney, Ryan Walsh and **Michael Rizza** graduated from Eastern Connecticut State University.

Margaret Jackman Kelly, Declan C. O'Connell and **Henry Mccarthy Purtill** graduated from Clemson University.

Joshua Hill and **Kathleen Carney** graduated from Merrimack College.

Tyler Keane and **Melissa Mahoney** earned master's degrees and **Erica DellaVolpe** earned a bachelor's degree from Springfield College.

Kristen Judge Masood and **Daniel Sidebottom** have become engaged.

The bride-to-be is the daughter of **Ann and Jim Masood** of Fredonia, NY. She is employed by CVS Health and is a pharmacy manager in Glastonbury. **Daniel Sidebottom** is the son of **Kay Sidebottom** and **Stephen and Deb Sidebottom,** all of England. He is the director of coaching for the Glastonbury Hartwell Soccer Club. They are planning an August 4 wedding in Middletown.

Megan Lomasney of made the dean's list at Springfield College.

Jonathan Levsky and **Allison Morande** made the dean's list at Curry College.

Catherine Orientale graduated from Bucknell University.

Sean Cain and **Margaret Patton** graduated from Emmanuel College.

Kristen Judge Masood and Daniel Sidebottom

Rachel Cohen, Catherine Orientale, Tyler Peterson and **Kimberly Winter** made the dean's list at Bucknell University.

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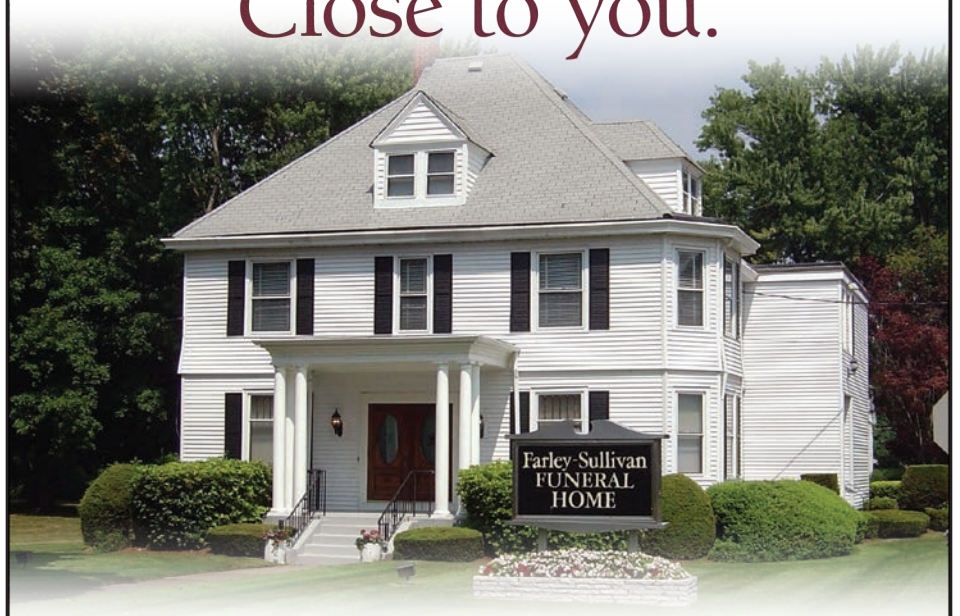

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Allison Kask was named to the president's list at James Madison Univ.

Alexa Morin of Glastonbury made the dean's list at Lehigh University.

Shane Mack made the dean's list at James Madison University

Caroline Correia, Patrick Kilkenny, Lindsey Madnick and **Anna Orientale** graduated from Colgate University.

Kwasi Amofa received the Biomedical Engineering Research award from Western New England University.

Corinne Ciraldo has made the dean's list at Lasell College.

Elizabeth Ann Bevington graduated from James Madison University.

Sofia Goodrich, Zachary Dayner, Mary Baronas, Katherine Connolly, Ashley Harris, Andrew Barry, Michael Turovac, Elena Gandiaga, Ashley Strange and **Andrew Goldstein** graduated from the University of Hartford.

Alexandra Quental made the dean's list at Susquehanna University.

Abbie Kelly, Drew Pizzo, Kathleen O'Hara and **Quinten Adkins** made the dean's list at the University of Vermont.

Shiyun Tang, a student at Westfield Academy, was part of a group that beat teams from around the world to win the 16th Annual Brewer Foundation/New York University International Public Policy Forum debate competition and a $10,000 grand prize.

Jason Franklin, Margot Gagnon, Jonathan Kaplan, Ruth Moran, Curtis Pazdar, Lauren Shea, Tyler Walles and **Mark Zocco** have earned degrees from the Univ. of Vermont.

Charlotte Barton and **Victoria Champany** were named to the dean's list at Emmanuel College.

Jeska Guirguis made the president's list at Siena College.

Meghan Dube and **Kaylee Stebbins** made the dean's list at Hofstra University.

Kelsey Finn and **Bridget Driscoll** have graduated from Emerson College.

Emma Newquist has made the provost's list at Hofstra University.

John Sebastian Sardo made the dean's list at Clarkson University.

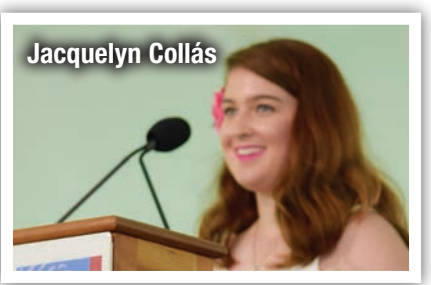
Elizabeth Szumski is a presidential scholar at Clarkson University

Laila King and **Madison Shapiro** graduated from Union College.

Ashlee Couto, Allison Cunningham, Michelle Goodwill, Daphne Lim, Melissa Malchiodi, Nancy Morgan, Evelyn Perez, Chelsea Rearick, Jesse Bourbeau, and **Rosemarie Taylor** made the dean's list at Goodwin College. **Melissa Malchiodi, Chelsea Rearick and Rosemarie Taylor** also were named to the president's list.

Luisa Florez, Shayne Sampognaro, Kaitlyn Rasmussen, Ashley Sanzaro, Matthew McKinney, Danielle Bonfiglio, Amanda Heffernan, James Bramanti, Shannon Barillari, Victoria Cosma, William Paetzold and **Julia Bellfy** were named to the dean's list at Eastern Connecticut State University.

Jacquelyn Collás and **Ryan Dupuis** were among speakers at Watkinson School's 136th commencement. **GL**



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Your thoughts:

The United States is 241 years old this month. With Independence Day coming up, we wanted to find out what the Stars and Stripes mean to people in 2017. Here's some of what you said.

We have a lot more opportunity in America than we realize. I've been a lot of places and you don't see the opportunities we have here. I think the flag represents that.
– Dylan Kelly with Owen, 14 months

Just freedom, absolute freedom, all of the soldiers risking their lives for us to be able to do what we're doing right now. It just represents freedom.
–Abel Santana with Cameron, 1 ½

Freedom and opportunity and prosperity. And it's all about supporting our veterans.
–Kathleen Aquillo

Everything Under The Sun

Summer is here and we are nearing completion on 68 new one- and two-bedroom Independent Living residences in Seabury's South Wing.

We're very excited to welcome our new residents to campus this fall and to watch these beautiful new spaces be transformed into neighborhoods and communities by the people who will live here.

We have a limited selection of South Wing residences still available. Start planning today!

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A history lesson along the road

Route 17 in South Glastonbury is a treasure-trove of interesting sites

Photos by Nancy Thompson

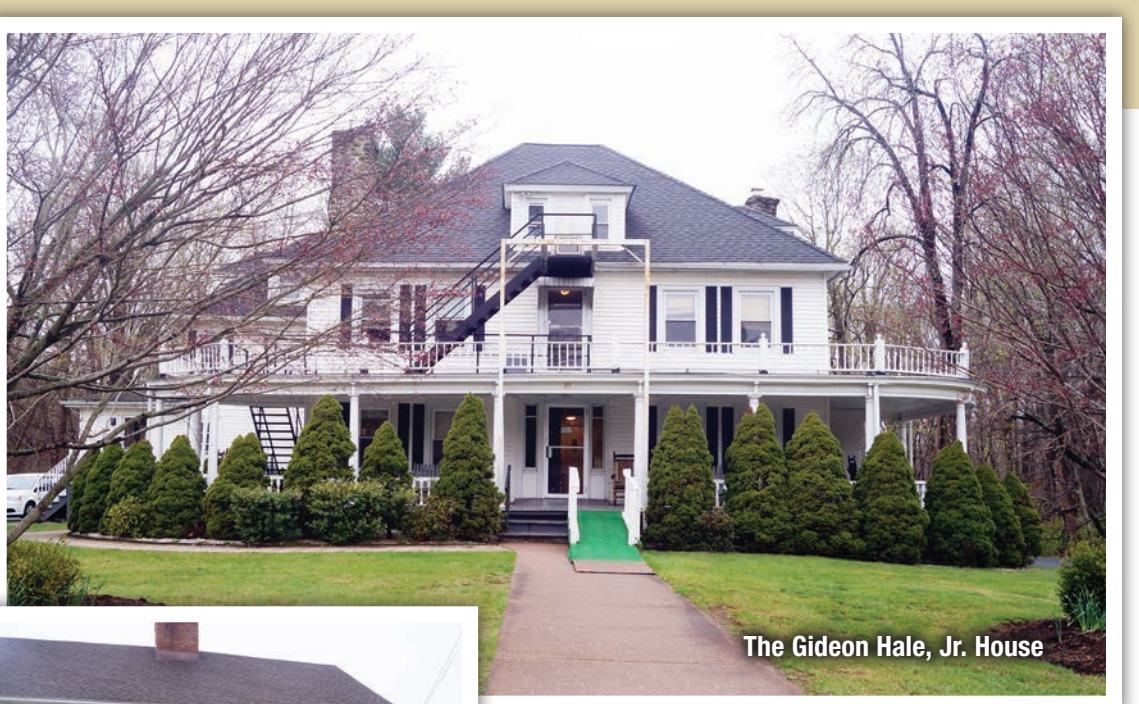
by Nancy Thompson
Editor

Route 17 is a window into the town's past.

The road, known as Main Street through South Glastonbury and as the Glastonbury Expressway to the north until it merges with Route 2, becomes the Glastonbury Turnpike at the Portland town line and continues with a variety of names across the Connecticut River, through Middletown and south to Route 80 in New Haven.

It has many areas of historical interest along the way, but none quite like what it has here.

Glastonbury LIFE, with the help of Diane Hoover, the education director for the Historical Society of Glastonbury, traveled Route 17 to record 17 properties, old homes, churches and businesses that played an important role in the town's past. We started at the intersection of Main Street and the Glastonbury Expressway, traveled south to the Portland town line to photograph sites on the west side of the road and then retraced our steps north, photographing sites on its east side before leaving Route 17 to head back to the historical society's museum. Here is what we found, first heading south:



The Gideon Hale, Jr. House

The Gideon Hale House

The Gideon Hale, Jr. House, 1381 Main Street

Gideon Hale, J. and his brother, Ebenezer, built this house shortly before the start of the 19th century. It houses Gilmore Manor, an assisted living facility.

The Gideon Hale House, 1401 Main Street

Built for Gideon Hale in the mid-18th century, and home to the Columbia Lodge of Masons in the early part of the 19th century. Hale was a member of the Connecticut General Assembly and a local constable.

The Connecticut Audubon, 1361 Main Street

The staff at the Connecticut Audubon Center at Glastonbury, 1361 Main Street has worked tirelessly since opening 35 years ago to promote conservation. The center is next to the town's 48-acre Earle Park, which has two miles of trails for hiking, cross-country skiing and horseback riding.

The Connecticut Audubon

The Old Cider Mill

The Elijah Miller Tavern

The Old Cider Mill, 1287 Main Street

Generally recognized as the oldest continuously operating cider mill in the U.S. This building was constructed in the 19th century.

The Elijah Miller Tavern, 1155 Main Street

This house, built around 1800, was operated by Elijah Miller as a tavern and often housed travelers who crossed the Connecticut River on the Nayaug ferry.

The Old Church Cemetery

The Old Church Cemetery

The cemetery was established in 1823 next to and behind the building that houses the Veterans of Foreign Wars and the Connecticut Audubon Society Center at Glastonbury. Dirt dug from the graves was dumped along the side of the cemetery, creating an embankment where a popular trail runs today.

The Congregational Church in South Glastonbury, 949 Main Street

Built by several members of the town's First Church of Christ in the 1830s, this became the oldest surviving Congregational church building in town after the other two Congregational churches had to be rebuilt after the hurricane of 1938.

The Congregational Church

St. Luke's Episcopal Church

St. Luke's Episcopal Church, 915 Main Street

The original St. Luke's was built in the early 1800s in front of the Old Church Cemetery and consecrated in 1821, then converted for use as a school and moved south on Main Street before being torn down. This building was consecrated in 1838.

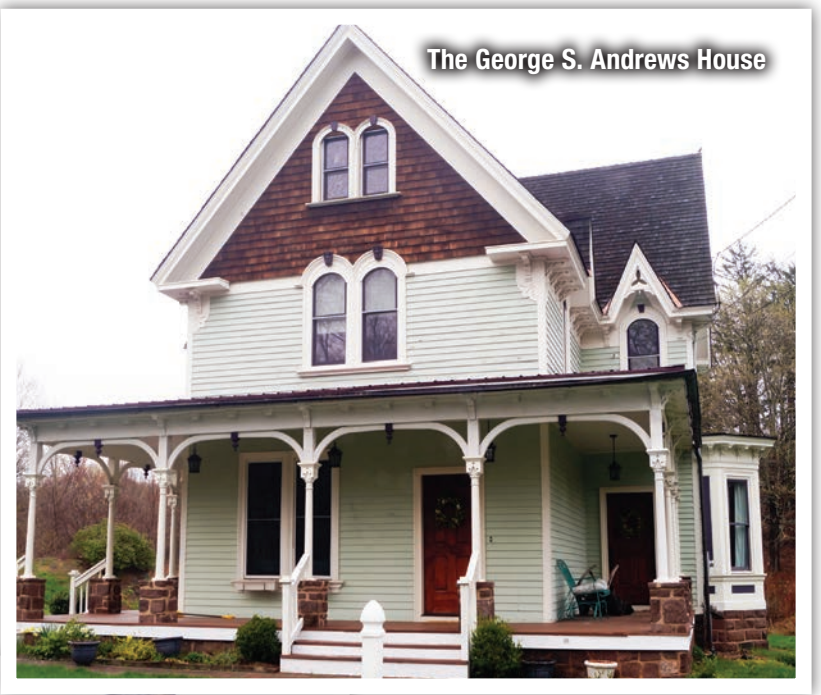
The Hollister-Tryon House, 879 Main Street

Now a nail salon and spa, this structure was built in the 1730s by Jeremiah Hollister, who later sold it to Joseph Tryon. It was used as a post office in the 19th century and has housed businesses since the 1970s.

The Intersection of Routes 17 & 160

The intersection of Route 17 and Route 160

This marks the end of Route 160, which crosses the nearby Connecticut River on what is believed to be the nation's oldest continuously operating ferry. The ferry slip is about a mile and a half to the east on Route 160.


The George S. Andrews House

The Hollister-Tryon House

Northbound: The George S. Andrews House, 100 Main Street

In the 19th century, George Andrews opened a feldspar quarry and what is believed to be the first feldspar mill in the state. Unlike most of the old homes in South Glastonbury, this one combines Gothic Revival and Italianate architecture.

The Jehiel Goodrich House, 620 Main Street

Jehiel Goodrich built this house in the mid-1700s at the corner of Foote Road on land he was given by his father.

The Old Livery Stable, 862 Main Street

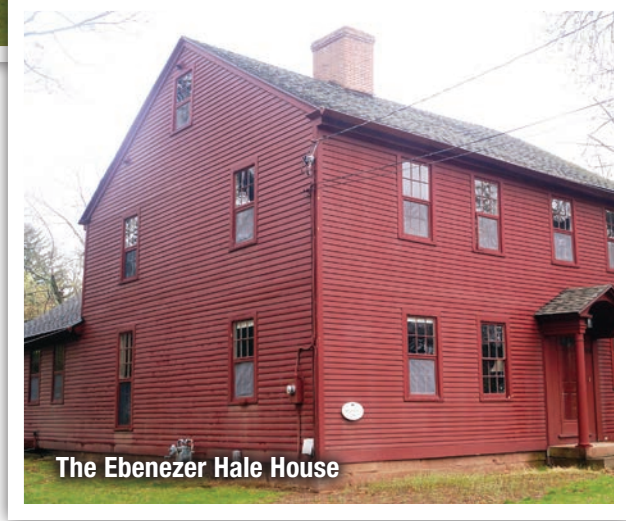
Now a dry cleaning business, this building was known as Tyler's Livery Stable in the late 1800s. It's also been a general store, a tavern, the South Glastonbury Post Office, and Station 60, the end of the line for the Hartford and West Hartford Railway Company's Glastonbury trolley line. Passengers on the trolley often would come on Sundays for recreation at Brookside Park, on an island on Roaring Brook.

The Old Hopewell Mills Salesroom, 864 Main Street

Now the home of a photography business and framing shop, this was the location of Hopewell Mills' salesroom in the early 1900s and later housed the South Glastonbury Post Office before it moved to the other side of the street.

The Welles-Shipman-Ward House, 972 Main Street

Col. Thomas Welles, a shipbuilder, built this home in 1755 for his son, John Welles, and his wife, Jerusha. The Welles family sold the home to Stephen Shipman, Jr. and Nathaniel Talcott, Jr. Shipman eventually bought the property, which his family owned until it was sold to Berdena Hart Ward in 1925. Ward restored the home and gave it to the local historical society, which operates it as a museum known as the Welles-Shipman-Ward House.



The Ebenezer Hale House, 1378 Main Street

Ebenezer Hale and his family shared the house on the other side of the road with his brother, Gideon Hale Jr., and his family. When they needed more room in 1806 Ebenezer Hale built this house. His grandsons, George and John Howard Hale, became famous throughout the U.S. for growing peaches.

The J.H. Hale House, 1420 Main Street

John Howard Hale, known as the Peach King, in 1911 built this large house that now contains several offices. **GL**

Thank you to Diane Hoover for driving and to Brian Chiffer for his information about the old livery stable and the former Hopewell Mills showroom.

July calendar

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

5 Glastonbury Farmers Market, 4 to 7 p.m., Hubbard Green. glastonburyfarmersmarket.com, facebook.com/GlastonburyFarmersMarket or glastonburyfarmersmarket@gmail.com

Shaded Soul will perform at the Glastonbury Riverfront Music Series, 7 to 9 p.m., on the lawn behind the Riverfront Community Center. Free parking and shuttle service available at 180 and 200 Glastonbury Boulevard. BYOB, family- and pet-friendly, with food trucks on hand.

8 Genealogy group sponsored by the Welsh Society of Western New England, 10 a.m. to 5 p.m. Participants are asked to bring their Welsh family tree and a lunch dish to share. Reserve a spot by emailing WelshWNE@gmail.com. Directions will be forwarded at that time.

10 Walking Shorts, a discussion of selected short stories along with a walk on paths near the library and town center. Wear walking shoes. No registration necessary, and light refreshments will be provided. 6:30 p.m., Welles-Turner Memorial Library, 2407 Main St., 860-652-7720 or wtmlib.com

11 Town council, 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

12 Glastonbury Farmers Market, 4 to 7 p.m., Hubbard Green. glastonburyfarmersmarket.com, facebook.com/GlastonburyFarmersMarket or glastonburyfarmersmarket@gmail.com

Melaena will perform at the Glastonbury Riverfront Music Series, 7 to 9 p.m., on the lawn behind the Riverfront Community Center. Free parking and shuttle service available at 180 and 200 Glastonbury Boulevard. BYOB, family- and pet-friendly, with food trucks on hand.

15 CT Yoga Fest 2017. 7 a.m. to noon, Hubbard Green. Donation of $20 in advance or $25 at the door to benefit OM For Life. 860-436-8188 or ctyogafest.org.

16 Glastonbury Town Band performing music of America, 7 p.m., Riverfront Park. 860-652-7679 or recreation@glastonbury-ct.gov.

18 Town plan and zoning commission, 7 p.m., town hall council chambers, 2155 Main St. glastonbury-ct.gov.

Kidding Around the Center, 6 to 8 p.m., Fountain Green. Sponsored by the Glastonbury Town Center Initiative. Rain date July 20.

19 Glastonbury Farmers Market, 4 to 7 p.m., Hubbard Green. glastonburyfarmersmarket.com, facebook.com/GlastonburyFarmersMarket or glastonburyfarmersmarket@gmail.com

Idol Kings, a Journey cover band, will perform at the Glastonbury Riverfront Music Series, 7 to 9 p.m., on the lawn behind the Riverfront Community Center. Free parking and shuttle service available at 180 and 200 Glastonbury Boulevard. BYOB, family- and pet-friendly, with food trucks on hand.

20 Anne Cubberly's Giant Puppets & Masks, 5:30 to 7:30 p.m., Somerset Square, Glastonbury Boulevard. No charge.

Cut the Cord, a discussion about reducing the cost of cable TV and phone service, 6:30 to 7:30 p.m., Welles-Turner Memorial Library, 2407 Main St., 860-652-7720 or wtmlib.com. Space is limited, so advance registration is required.

21 International Yoga Day celebration, Center Green. Classes at 9 and 10 a.m., meditation 11:15 to 11:30 a.m. $10 donation suggested. Hello@yogatalk.com or 808-271-8366.

22 Evan Gottfried's Family Music Extravaganza, 10:30 to 11:15 a.m., Welles-Turner Memorial Library, 2407 Main St., 860-652-7720 or wtmlib.com.

23 Glastonbury Town Band performing jazz selections, 7 p.m., Riverfront Park. 860-652-7679 or recreation@glastonbury-ct.gov.

24 Walking Shorts, a discussion of selected short stories along with a walk on paths near the library and town center. Wear walking shoes. No registration necessary, and light refreshments will be provided. 6:30 p.m., Welles-Turner Memorial Library, 2407 Main St., 860-652-7720 or wtmlib.com

25 Town council, 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

26 Glastonbury Farmers Market, 4 to 7 p.m., Hubbard Green. glastonburyfarmersmarket.com, facebook.com/GlastonburyFarmersMarket or glastonburyfarmersmarket@gmail.com

ETA will perform at the Glastonbury Riverfront Music Series, 7 to 9 p.m., on the lawn behind the Riverfront Community Center. Free parking and shuttle service available at 180 and 200 Glastonbury Boulevard. BYOB, family- and pet-friendly, with food trucks on hand.

30 Glastonbury Town Band performing music from fun times, 7 p.m., Riverfront Park. 860-652-7679 or recreation@glastonbury-ct.gov.

Kathryn "Katie" Sullivan starts a painting. She and her mom, Brenda Sullivan, recently published "Counting Starfish," a children's book.

Courtesy photo

'Counting Starfish' is a special mother/daughter project

First in Thompson Street Farm Read and Play Series

by Mara Dresner
Staff Writer

"Counting Starfish" is a collaboration between Brenda Sullivan and her daughter, Kathryn, better known as Katie, who did the illustrations for the children's book. The project is the first in the Thompson Street Farm Read and Play Series, designed to teach young children about the natural world. The two are already at work on their second title, a children's gardening book.

The book was no ordinary partnership.

As her bio on the book reads, "Katie is a wheelchair-bound young lady with severe cerebral palsy and epilepsy among many other medical problems. She is also nonverbal with very limited vision. Despite these challenges, she has a fighting spirit and has learned how to use basic communication skills and assistive technology to produce various art and craft products."

While it's their first published book, Brenda Sullivan they've made several books together.

"I've been homeschooling Katie for years," Sullivan said. "Katie and I have been making books for years. They're tactile books because she's visually impaired. We create our own little stories and we read them back to her. That's how Katie understand her world, by experiencing it. When you have your own child, you teach the animal sounds, by saying moo or meow or woof, but Katie didn't understand what a cow was until I happened to be at a 4-H fair and a young Jersey cow happened to be coming by with its owner and she touched it.

We'd Like to Thank Everyone
that came and supported Bodeau Realty Group's first annual outdoor movie night benefitting
Connecticut Children's Medical Center

Connecticut Children's MEDICAL CENTER

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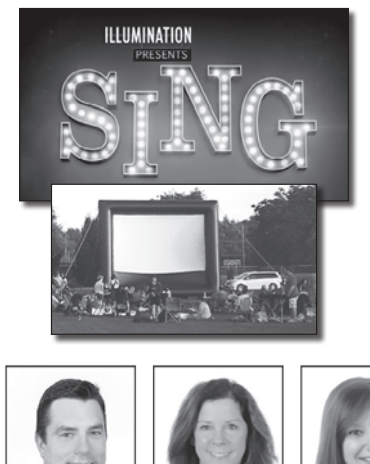

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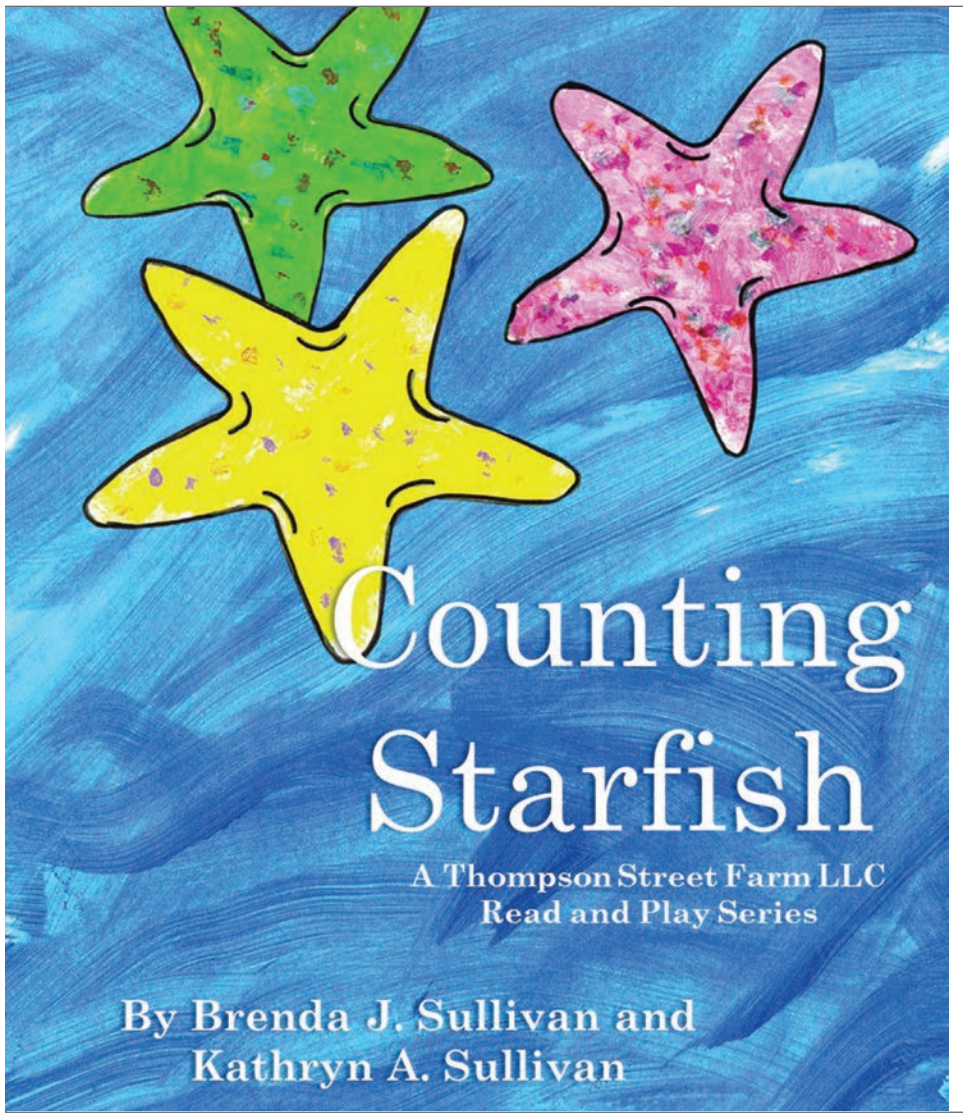


And the cow mooed and a light bulb went off in Katie's head and she got cow and it morphed from there. Doing things together in books is something we've done. And we've always done art; she's always painted."

One of Katie's doctors, a neurologist in Boston, took some of her paintings and turned them into notecards.

"I always knew I wanted to do a book with Katie. I didn't know what kind of book," Sullivan said.

Sullivan, who is known for her produce, including organic microgreens, and goat milk soaps, was sharing some of Katie's work last fall at a show and her booth mates offered suggestions of making mugs or tote bags or other items with the designs. Sullivan decided that the time was right to produce a book.

First, she had to learn how to do it. She took an online class that taught how to publish on Kindle.

"It worked! I was amazed, it actually worked," she said. "Then, it took four more months to figure out how to do the paperback version of it. I was up at 3 o'clock in the morning, I was so excited. One morning I got up at 2:30. I was just so excited. My husband thought I'd lost my mind."

Brenda J. Sullivan and her daughter, her daughter, Kathryn A. Sullivan, have completed a children's book, "Counting Starfish."

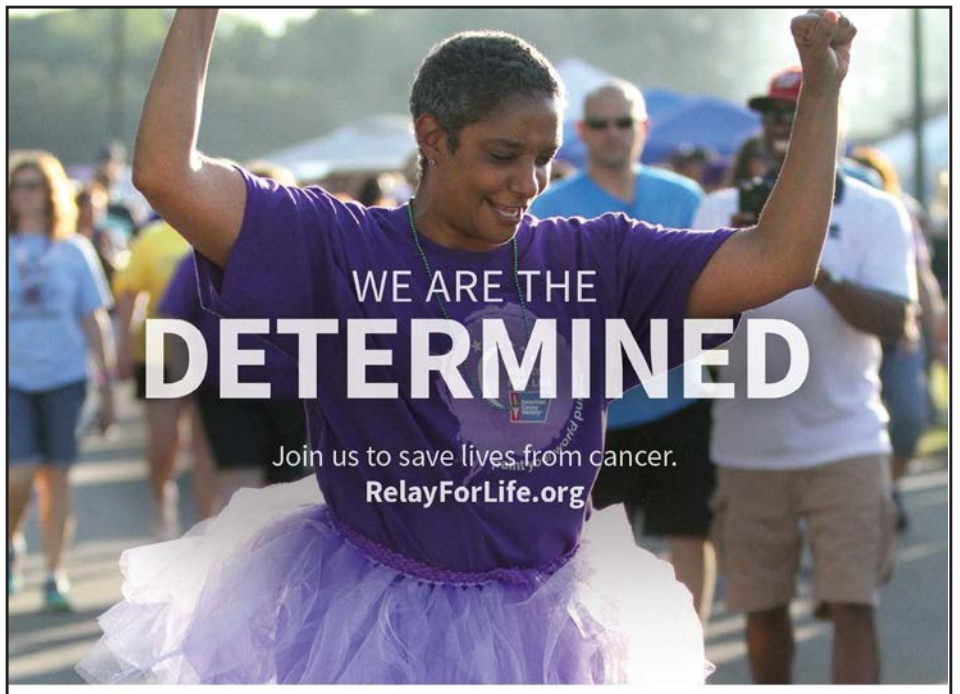
She came up with the concept for the series through the online class.

"Through Bruce's class, we were throwing out ideas about what other authors had done. Coloring books were big. I thought why not combine my love of the outdoors with my love of my daughter and her paintings. And I was a history major, so I have to throw in a little education, so there's a fact sheet on starfish to start creating children's interest in their environment," Sullivan said.

The book has multiple aspects, including counting, coloring and facts.

She deliberately kept the design for the starfish simple.

"When it came time to create the starfish graphics for the coloring section of the book, I did a lot of research on clipart graphics but they were overdone in my opinion. I didn't want the design to be all about the graphic artist's vision. I find this to be the case with many coloring books. I'm overwhelmed by the level of detail and I



Thank you to the Relay For Life of Glastonbury for helping the American Cancer Society save lives, celebrate survivors, and honor loved ones lost.

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American Cancer Society

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put them down," Sullivan said. "In the end, I found an old photograph of a starfish and simply traced around the image and didn't add any details. So when a child colors in their book, they have a basic image to work with. Their creativity can run wild and they won't be limited to my interpretation of what a starfish should look like."

Sullivan would sometimes consult with former East Hartford elementary school teacher Danielle Moore, who also lives in town. Moore, mother of a daughter Vivien, 7, and a son Hudson, 2, stopped full-time teaching when she had her son. She sees appeal in the book for a range of kids.

"I think that the appropriate age for the book would be from 3 to 5, but there are some learning extension activities for kids up to 7. It really is a beginning number book; older kids will not get as much from the actual content. However, my daughter read it to my son and enjoyed the background information about starfish. She then wanted to find out more information so it was nice that it sparked her interest as well as the fun of peer reading to her brother," Moore said. "I love that the number is represented with the written word, actual number and symbol. It makes learning more concrete for kids. I think it is a great addition to the counting/coloring book world because it is fun and unique. Brenda connected it to real-world knowledge and then the learning could be extended to actual practice with coloring. It really is a great book to share with your kids and would be fun in a preschool classroom too."

Katie is already creating new works for the gardening book and has completed carrot, tomato and pumpkin paintings for the second book in the series, the children's garden journal.

"These books are designed to be interactive, part reading and part doing. All the books will have an environmental/nature/gardening theme," Sullivan said.

She has a number of ideas for the series and may use QR codes or other technology in future books.

"I'm going to see where it takes me," Sullivan said.

"Counting Starfish" sells for $9.99 on amazon.com or for $7 on the Thompson Street Farm website. Sullivan will also sell copies at the South Windsor Farmers Market, where she will be a vendor.

Courtesy photos

Kathryn "Katie" Sullivan enjoys a warm day by the water on the boardwalk in Niantic

While she hopes that kids will learn with the book series and share with their families, she also has a very personal reason for producing the series.

"Kids with severe disabilities, they can do something. This is Katie's contribution. She may not be able to talk. She may not be able to do anything for herself, but she can contribute," Sullivan said. "People seem to think that this population is not worth their time. This is my way of saying 'no, you're wrong.' If she makes a child happy or smile, we've achieved our goal. That's what this project is all about, giving my child purpose." GL

Brenda Sullivan of Thompson Street Farm likes being out in all weather, such as after this February snowstorm, when she went hiking.

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Slice of LIFE

photos by Nancy Thompson

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Glastonbury High School's Commencement Ceremony

Nearly 500 seniors received diplomas at Glastonbury High School's commencement ceremony, which also included music, speeches and awards to students and faculty members. **1.** Mariana Pelaez, Mikayla Morosky, Marissa Rubb, Katie Gagnon, Lucy Raymond and Greg Foss stop to pose for a photo. **2.** Rachel Montesi and Katie Vartenigian share a hug. **3.** School Superintendent Alan Bookman presents an award to Ethan Nash, Stacy Pinto, Jeremy Gervais, Jim Thorn, Nola Campbell and Dave Burgess in recognition of their work with Glastonbury High School's theater programs. **4.** Natalie Susco spots some friends as she walks into the GHS gym. **5.** Eric Wang and Ronak Mahatme chat before the commencement ceremony begins. **6.** School board Chairman Susan Karp welcome graduates and guests. **7.** Meghan Martin, Julie Abramowitz and Julia Ostrowski recognize the six teachers who are retiring this year. **8.** Jason Wang adjusts Jonathan Boyer's stole as they get ready for graduation. **9.** Natalie O'Keefe smiles at friends as she enters the gym. **10.** Eun Seon Cho makes a call while waiting for the ceremony to start. **11.** Glastonbury High School Principal Nancy Bean talks about the accomplishments of the top scholars in the Class of 2017. **12.** School Superintendent Alan Bookman speaks during the commencement ceremony. **13.** Zoie Owens will be entering the U.S. Army. **14.** Lucy Raymond and Greg Foss are all smiles.

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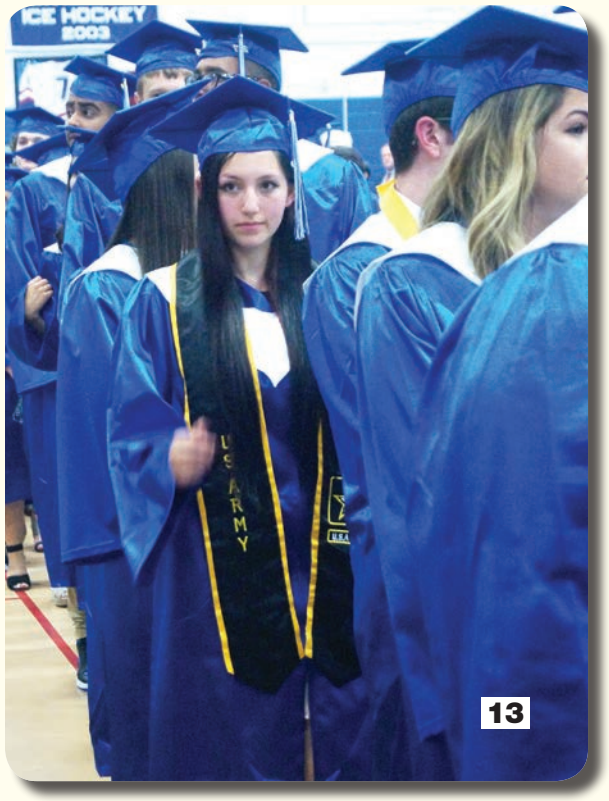

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Student voices

Glastonbury High School Class of 2017 commencement speeches

Ronak Mahatme graduation address

Photo by Nancy Thompson

Ronak Mahatme

Thank you. Friends, family, teachers, and peers, it is my honor and privilege to speak in front of you all this evening.

Class of 2017, this marks the culmination of many years of hard work and overcoming any obstacles that were thrown at us. For many of us, we boarded the G-Train 12 years ago when we began kindergarten. Back then, we viewed high schoolers as the ultimate role models in society. We looked up to them in all areas from athletics, to academics, to community service. Just as LeBron James is the face of the NBA, Taylor Swift is the face of breakup songs and DJ Khaled is the face of snapchat, using everything that Glastonbury has given us over the years, we are now the face of the values and morals of Glastonbury.

For others who hopped onto the G-Train at the start of freshman year, we have had the privilege of experiencing the most intense 4 years of our life together. We began as bewildered freshmen, lugging oversized backpacks through the hallways, sneakily playing Clash of Clans on our iPads in class. Our first taste of immense frustration came with something as simple as the game Flappy Bird. Although, I don't think Flappy Bird came even remotely close to trying to stay awake during CI lectures every morning. In our free time we also filmed Harlem Shake videos with our friends. We were easily intimidated by the dreaded Freshman Research Paper as well as the upper classmen, who though only a few years older than us, buzzed with the confidence, poise and of course facial hair that we all lacked. But for many of us, it was also a time when we got a true taste of reality. We realized that we couldn't just cruise along in our classes and get away with it as was the case with middle school.

Transitioning to our sophomore year, the realities of high school slowly dawned upon us, as we began to immerse ourselves in challenging courses. For some of us, we took our very first college level class in AP Biology where we became well acquainted with our textbooks. Stuck at a median between the beginning and end of high school it felt as if we would be forever stuck at Glastonbury High School. And if that thought did not scare us, along came the worldwide fear from the Ebola outbreak.

But then came junior year. The time that we felt ourselves slowly moving up the high school food chain and establishing ourselves as upperclassmen. We overcame a lot of challenges that were thrown at us from standardized testing to even the death of the beloved Harambe.

And this all led to the beginning of senior year. One of the most stressful times in our young lives in which we began to ponder over life after GHSl, as if that was even possible: whether it may be continuing with higher education, going into the armed forces, taking a gap year, or going straight into the workforce. All in all, the vision of "grown-up" life was slowly but surely becoming a reality. We were on the last leg of our journey on the G-Train.

All that has happened over the past 4 years both at Glastonbury High School and in the world has shaped who we are today and serves as a bond that will forever unite us. The memories that we have made over the years will follow us wherever we go, in whatever corner of the world that may be. At the end of the day, no matter where in the world we end up and what we end up doing with our lives, we will always share the common banner of the Class of 2017 at Glastonbury High School.

Tonight marks the last time that we stand at GHS united as one student body. Our countless memories in CI every morning, ranging from Murdoch's attempts at convincing us that 7 gallons of milk per week for a family of 4 is normal to Mr. Washburn's electrifying final lecture about wind energy, will be cherished. Although we may have reunions down the road, we will never be as strong in numbers as we are today. Even though this moment is bittersweet, looking back at the friendships, bonds and legacy that we have created over the past four years, it is the start of something new. Instead of viewing it as a "last time," let us view it as a "first." The first time that we actually go out into the real world. The first time that we actually apply all that we have learned at Glastonbury High School. And, the first time that we truly make GHS and our community proud. Because it most definitely will not be the last.

This evening, our ride on the G-Train will come to a close. Although the train has reached its destination, this most definitely will not be the final destination for the class of 2017. Just yesterday, as easily impressed elementary school children, we looked up to the role models of the graduating high school class. Today we are those role models. Disembarking the train that encompassed all our successes, failures and memories, we emerge onto the boisterous platform of success. Here a world full of opportunities awaits us. Departing trains buzz left and right going in every which direction. Today, we look up to prosperous individuals like LeBron James, Beyoncé, Mark Zuckerberg and even Albert Einstein, but tomorrow, we will be the top athletes, artists, CEO's and scientists. As we now board the trains leading to our futures, we will never forget about the train ride that got us to this platform of success and all the people that helped us along the way. As New York Times bestseller Marianne Williamson once said, "Every ending is a new beginning." Thank you!

Emma DiLauro graduation speech

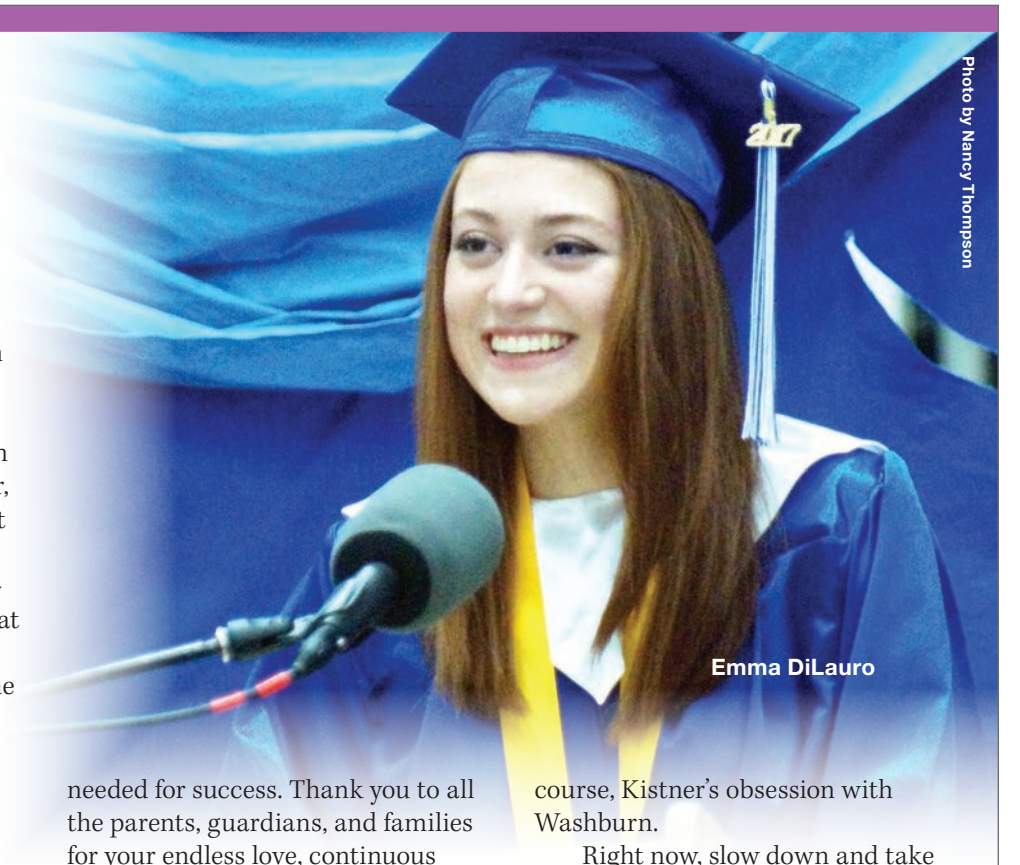
Photo by Nancy Thompson

Emma DiLauro

Eleanor Roosevelt once said, "The future belongs to those who believe in the beauty of their dreams." Throughout our 13 years together in the Glastonbury school system we've all had various dreams for who we wish to become. In kindergarten, these dreams were centered around being princesses, presidents, and pirates. And although one of us here may still be holding on to her dream of being the President, most of us have altered our dreams so they are more realistic careers like nurses, researchers, and lawyers.

All of these years of dreaming have finally led us to this moment. 2017. A year that seemed so far away back when we were first told that it was the year we would graduate. It was as if it would never really approach us. But, here we are. After we graduate today, we will take the first steps to go out and accomplish our dreams. We will all move on from this chapter of our lives, and move around the country to seek an education specialized for our career, to join the military, or to go straight into the workforce. As you walk across this stage and as you continue to move forward in life I hope that all of you continue to believe in the beauty of your dreams and make the future yours. I know you all have many great things in store, and I can't wait to see what the Class of 2017 accomplishes.

Before I finish, I would like to say a few thank yous. Thank you to the teachers who established the basis for our education and a love for learning during elementary school, helped us grow throughout middle school, and both challenged and inspired us in high school. Thank you to the administration for working to establish a school system dedicated to giving students the tools needed for success. Thank you to all the parents, guardians, and families for your endless love, continuous support, and countless other actions for which will we never be able to thank you enough. Finally, thank you to my classmates. Thank you for our friendships and our collective memories of spirit weeks, state championships, and strange CI occurrences like Mr. Boisoneau ruining the Mannequin Challenge video, the Murdoch family's milk habits, and of course, Kistner's obsession with Washburn.

Right now, slow down and take a moment to cherish this final night that we all have together. For these are the people and these are the experiences that have shaped us into who we are today. Most importantly, these are the memories that will last a lifetime.

Congratulations and good luck to the Glastonbury High School Class of 2017! **GL**

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Historic Talcott Mill, LLC, through its Managing Agent DeMarco Management Corporation, is pleased to announce the new housing opportunity available at Old Talcott Mill. Applications are now being accepted and the property is anticipated to be ready for occupancy in June 2017. Old Talcott Mill is a Workforce Development Housing Community located at 47 Main Street in Vernon, CT within the Talcott Historic District in Vernon, CT. The rehabilitation of Talcott Brothers' Mill offers eighty three (83) residential units. Units will be offered to individuals and families having an annual household income at and not exceeding 60% of the HUD AMI for Tolland County. Income Limit Restrictions Apply. Applications are available at DeMarco Management Corporation in person at 117 Murphy Road in Hartford, CT; by phone (860) 951-9411; by contacting the ATT Relay number 711 or via email at info@talcottmill.com. Applications will not be available at the Property.

The residential space includes a mix of differently sized studio, one bedroom, and two bedroom apartments with rents starting at $886 - $1122 with heat and hot water included in the rents. The property offers spacious unique floor plans, fully-appliances kitchens, on-site laundry facilities, fitness room, central air, accessible units, community room and Historic Mill Exhibition.

This development is financed through the Connecticut Housing Finance Authority (CHFA), receives state grant funds from the Department of Housing (DOH), with State and Federal Historic Rehabilitation Tax Credits. Income Restrictions Apply.

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David Brewer Cox honored

News roundup

Courtesy photos

David Brewer Cox honored

A new bronze plaque at the fountain at Center Green has been installed to honor David Brewer Cox, a local architect whose design for a fountain when he was a senior at Glastonbury High School is basically what he proposed more than 30 years ago. "I consider it to be my fountain," Cox, who died suddenly in 2011, told Glastonbury LIFE in a profile two years before his death.

Speakers at the tribute at which the plaque was unveiled included Dan Schnaidt from the Glastonbury Town Center Initiative, who spoke about Cox's love of history and design, John Vullo, a member of the Glastonbury Rotary Club, who talked about his service and dedication to the club, and Hans Hansen, who worked for Cox and talked about his commitment to learning, design and friendship. Cox's widow, Emma, and his sons were on hand. Emma Cox spoke and the boys, Sasha, Tyas and Asa, unveiled the plaque.

The plan for the plaque was unanimously approved by the town council last fall.

Purtell honored

Town's parks and recreation

DepartmenRaymond Purtell, director of the town's parks and recreation department, has received a Coast Guard Recreational Boating Safety certificate of appreciation in recognition of the department's work to education the public about boating safety. David Obedzinski, a Glastonbury resident and member of the U.S. Coast Guard Auxiliary, presented the certificate to Purtell.

The Glastonbury Ukulele Band

The Glastonbury Ukulele Band will perform at the band shell at Manchester Community College this month. The concert will take place July 5 from 7 to 9 p.m. and will include songs from Elvis Presley, the Beatles, Frank Sinatra and John Denver as well as showtunes and other favorites. In case of rain, the concert will be moved inside at the college. To learn more, call 860-643-0473, send an email to doc@DoctorUke.com or visit DoctorUke.com.

Bridge closing

The bridge on Eastern Boulevard over Salmon Brook is being replaced and will be closed to all forms of traffic through September. Signs directing traffic to a detour are in place. For details or answers to any questions, contact Daniel A. Pennington, town engineer and manager of physical services, by email at Daniel.pennington@glastonbury-ct.gov or by phone at 860-652-7736.

New address for tax payments

Tax payments should be sent to the following address: Town of Glastonbury Collector of Revenue, PO Box 376, Glastonbury, CT 06033-0376 instead of the out-of-town address used previously. Processing of payments sent to the old address could be delayed, and taxpayers could incur late fees and interest charges.

Alternatively, current tax and sewer use payments by cash or check

The Glastonbury Ukulele Band

will be accepted at all People's United Bank branch offices, online at glastonbury-ct.gov/taxpmt or in person at the revenue collector's office at town hall, 2155 Main St.

Correspondence about taxes should be sent to Town of Glastonbury, PO Box 6523, Glastonbury, CT 06033-6523.

To learn more about these changes, contact the office at 860-652-7614.

Contributions to library project

The long-awaited project to improve the Welles-Turner Memorial Library will get under way with contributions from the town and the library's two support groups.

The town is contributing $100,000 through its capital improvement plan, the library's Second Century Fund is adding an additional $100,000, and the Friends of the Welles-Turner Memorial Library are contributing $50,000.

Work will include changes to the express checkout kiosk, installing an automatic sorter, building two additional study rooms and moving the customer service desk.

Enrollment changes for 2018

About 400 students will be sent to a different school in the fall of 2018 under a plan approved recently by the board of education. All students at Eastbury Elementary School, which will close in June of next year, and an additional 140 or so students from other elementary schools will be moved to accommodate the consolidation from six elementary schools to five. The board earlier approved closing Eastbury at the end of the upcoming school year to deal with a decline in student enrollment.

Dinner tickets available

Tickets will be available July 18 for this year's popular Harvest Dinner Under the Stars.

Sandy Rose, of Rose's Berry Farm, and Bill Driggs, of 2hopewell Bistro, will host the event, which will take place September 8 as a benefit for the local Connecticut Audubon Center.

The evening will begin at 5 p.m. with wagon rides around the 100-acre Rose's Berry Farm and a reception with sparkling wine, followed by a five-course dinner with fresh local ingredients. Each course will be paired with an appropriate wine, and live music will accompany the dinner. Tickets cost $150 per person. Tables for six can be reserved, and seating is limited. To learn more or reserve tickets, call the Audubon center, 860-633-8402. **GL**

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Events spotlight

Riverfront Music Fest

July 5, 12, 19 and 26, 7 to 9 p.m.
Lawn behind the Riverfront Community Center
Glastonbury Chamber of Commerce, 860-659-3587 or glastonburychamber.com/events

This annual summertime tradition, sponsored by the local chamber of commerce and the town's parks and recreation department, will run on Wednesdays throughout July with the following performers: July 5, Shaded Soul playing music from the Big Band Era through today's Top 40; July 12, Melaena, with music from Motown to classic rock; July 19, Idol Kings, a Journey cover band; and July 26, ETA playing big band and swing to contemporary hits.

Food vendors and local farms will be offering a variety of treats. Audience members also can bring their own picnic suppers. Concerts will be cancelled only for thunder and lightning rainstorms. Free parking and shuttle buses will be available at 180 and 200 Glastonbury Boulevard, next to Somerset Square.

Kidding Around the Center

July 18, 6 to 8 p.m.
Fountain green, corner of Hebron Avenue and Main Street
glastonburytci.org

The Glastonbury Town Center Initiative will host its annual children's event with crafts, face-painting, and other kid-friendly activities.

Entertainment and activities will showcase local businesses and groups working with children. The rain date is July 20.

CT Yoga Fest 2017

July 15, 7 a.m. to noon
Hubbard Green
860-436-818 or ctyogafest.org

The festival, a fund-raiser for OM for Life, a program of CT Challenge that helps improve life for cancer survivors and patients through the gentle exercise, breath and relaxation of yoga, will include a morning of yoga, meditation, music and food. The festival is sponsored by Fuller Yoga, Pilates, and Massage and CT Challenge. A donation of $20 in advance or $25 at the door is requested. All proceeds will benefit OM for Life. **GL**

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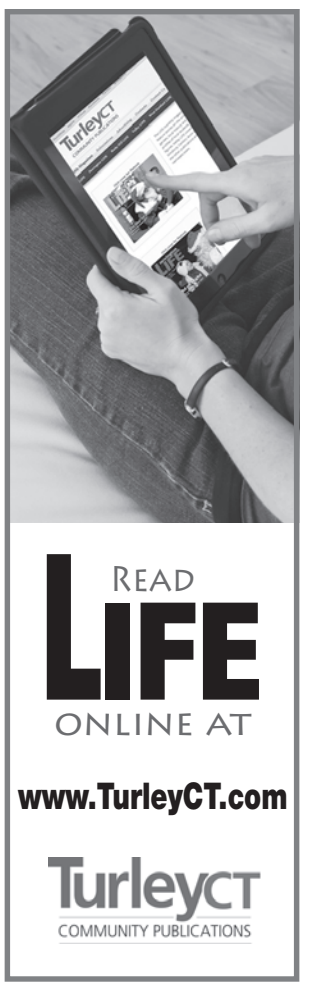

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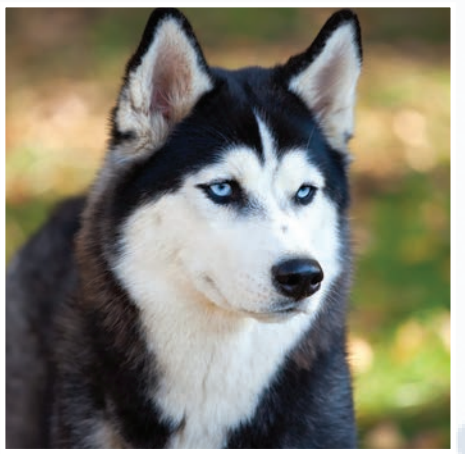

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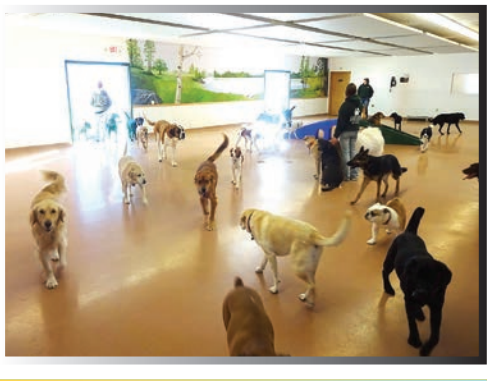

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Note from Nancy

Oh, Canad…ian!

A strange thing happened on the climb through my family tree. I discovered that I'm a Canadian citizen. Who knew??

Not I, for sure. And it wouldn't have happened without my husband.

As I've mentioned, I started poking around my mother's family last December and tried to find a record of her becoming a U.S. citizen, since she came here from Halifax as an infant. The city clerk in Meriden, where they lived, referred me to the National Archives office near Boston. They didn't have any citizenship records for her, but they did have a record of her naturalization through her father in 1924. I ordered a copy for my research and mentioned it to my husband.

He's one of those people who can find just about anything online and a couple of days later sent me a link to a Wikipedia entry about something called "Canadian citizenship by descent." The subject line of his email was that he thought I was Canadian. I thought he'd lost his marbles.

I read the information. Then I read it again. Apparently Canada passed a law in 2009 that restored citizenship retroactively and posthumously to people born there who later became citizens of another country and had to renounce their Canadian citizenship. That meant that my mother, who lost her status as a Canadian when she was six years old, got it back seven years after she died. It also meant that I, as the first generation born to a Canadian, might have it under that "citizenship by descent" law.

The Canadian immigration people have a supposedly straightforward form that people like me can submit to see if they're eligible to receive an official certificate of Canadian citizenship. I say "supposedly" because it took me three months to research and complete. The fact that the official guide to filling out the seven-page form was 15 pages long should have been a clue.

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To all to whom these presents shall come. Greeting:

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CERTIFICATE OF ARRIVAL

I HEREBY CERTIFY that the immigration records show that the alien named below arrived at the port, on the date and in the manner shown, and was lawfully admitted to the United States of America for permanent residence.

Name: ANNIE M. WOOLLARD
Port of entry: Vanceboro, Maine
Date: August 13, 1918
Manner of arrival: Canadian Pacific Railroad

I FURTHER CERTIFY that this certificate of arrival is issued under authority of, and in conformity with, the provisions of the Act of June 29, 1906, as amended, solely for the use of the alien herein named and only for naturalization purposes.

IN WITNESS WHEREOF, this Certificate of Arrival is issued

November 9, 1939 (Date)

H. W. LANDIS, District Director, Immigration and Naturalization Service

463/65/27
CIH/ajm

Form 160-Im.

Those were the two most important documents, but I was far from finished. I needed to know the exact date on which my mother arrived in the U.S., which meant tracking down the official certificate of arrival for my grandmother because they don't issue those for infants. The certified document, again from my new friends at the National Archives, almost ended up in the trash. It was raining, and our postal carrier couldn't fit the large cardboard envelope in our mailbox, so he put it in a black plastic garbage bag and left it near our garage. My husband thought it had blown out of a neighbor's trash can and was about to toss it when he decided to look inside.

There were a few other snags, but a couple of weeks ago I learned that I am indeed a Canadian citizen. My official certificate of citizenship showed up a few days later.

Other than getting a Canadian passport I have no idea what, if anything, we'll do with my new status as a dual U.S.-Canadian citizen, but it certainly has been an amazing journey so far, eh!

– *Nancy Thompson*

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Bite by bite

Eating mindfully is about more than what goes into your mouth

by Mara Dresner
Staff Writer

Do you ever find yourself looking at an empty pint of ice cream or candy wrapper and wondering just where it all went? In our technologically connected, go-go-go world, it can be challenging to slow down enough to really experience what we're eating.

Mindfulness guru Jon Kabat-Zinn, founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center, has an exercise where he has students eat a single raisin, a process that can take several minutes.

"I love Jon Kabat-Zinn's definition on mindfulness, 'Bringing awareness to the present moment without judgment.' I find it can be most helpful to utilize our five senses to do this. In today's society teeming with technology, mindfulness is more important than ever. When we are mindful, we have a much better chance of determining what we need. This is so important with mindful eating. So many folks start tearing open their large family-size bags of chips or cookies and begin the mindless pursuit of shoveling one chip or cookie into their mouths with little recognition of this behavior. Only when the bag is empty, do they realize what they have done," Theresa Nygren, LCSW of The Mindful Self-Compassionate Way in Farmington, said.

"Mindful eating is a wonderful practice to notice the hunger and then determine what the body really craves. During mindful eating, attention is paid to the taste, texture and colors of food. Eating mindfully naturally allows the body to sense when it has had enough, which can help reduce the amount consumed. In our previous groups, participants are always surprised that when eating mindfully, they even tend to leave something on their plate. They have a much easier time determining when they have reached a comfortable place of fullness and can push away from the table before becoming overly stuffed."

It's also about being conscious of what it took to get the food to your plate.

"Before eating begins, bring recognition to all of the hands that were involved in getting this food to your plate. These include the growers, truckers, supermarket folks, etc.," Nygren noted.

Mindful eating doesn't have to be a formal program. It can simply be a more conscious way to look at food.

"Mindfulness is being present in the moment and fully aware of what you are doing and why. Mindful eating is the basis of a healthy relationship with food. It is paying attention to not only what you are eating, but how much, how fast and why. It is fully enjoying the tastes and smells of the food, and eating to nourish

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"Eating more mindfully can bring more joy to this daily activity, and by listening to your body will help you naturally maintain a proper weight and improved health."

– Jackie Stevenson

the body. When beginning to eat more mindfully, one must slow down and make eating an activity separate from all others. Mindful eating is eating when you are truly hungry, not stressed, upset or bored, and stopping when you are satisfied, not stuffed or sick," Jacqui Campbell, MS, RD, CDN, of Bordeaux Nutrition LLC in Newington, explained.

"Mindless eating is what happens when we are rushed and eating on the go, or when we sit down in front of the TV after a stressful day. This often leads to making poor food choices, overeating and the myriad of health effects that come with those choices," Jackie Stevenson, DTR, also of Bordeaux Nutrition, added. "Mindful eating is focusing on the food and enjoying it, chewing slowly, pausing in between bites, and listening to your body to fullness cues and how specific foods make you feel. Eating more mindfully can bring more joy to this daily activity, and, by listening to your body, will help you naturally maintain a proper weight and improved health."

Truly eating mindfully can be a challenge, so you may want to start incrementally.

"Start with something small like a snack or cup of coffee. Try not to be reading the paper when you're doing that to see how different it feels. What we're trying to do is slow people down," Sharon Gutterman, Ph.D., of Mindful Wow! in West Hartford said. "Other things that help people slow down are to put your fork down between bites or to try eating a meal with chopsticks. Slowing down helps us with savoring and, when we begin this, we can pay attention to when we really are full. Otherwise, it's as if we haven't eaten."

Eating with your non-dominant hand is another technique to try.

"When we eat really in the present moment – you can't eat in the past, you can't eat in the future – all the senses can be engaged right now in this present moment. You can't do this every single time with every single thing we eat," Gutterman said. "It's helpful to be aware, smelling our food, tasting our food, hearing the crunch of the food, savoring the flavors. Having gratitude for this food and how it came to us, for the sunshine and the rain, the growers and the truckers, the package designers, the food, to me then becomes elevated from an ordinary experience to something quite extraordinary."

Nygren noted that the process of eating mindfully begins before you even sit down for a meal.

"In order to experiment with eating more mindfully, it is probably best to select one meal a day to practice this new behavior, perhaps selecting a meal where there is a bit more time to slow things down. Before meal time begins, it can help to notice on a scale of one to 10 of how hungry you are. Is it the clock that signals it is time to eat? Or is it your stomach that is growling with the beginning signal of needing some fuel for your body? If you are eating according to clock time and can put off eating until true hunger shows up, give more time for your body to guide you.

"Our bodies hold the wisdom, but we as a society are often so disconnected from the messages while at the same time having an inner dialogue attacking our bodies in some ways. The litany goes like this, 'How did I ever get so fat? I hate my belly. My thighs are enormous. My stomach is disgusting.' You get the picture. Befriending our bodies is so important in this process of becoming more mindful," she said.

"So, once you are tending to true hunger, arrange a plate with a colorful array of whole foods. Then notice how your food looks. As you take your first bite, really enjoy the burst of flavors as you slowly chew this mouthful of food. Is it salty, sweet, sour?

"Placing the fork down between bites can help facilitate this mindful practice. Perhaps while your fork rests on the table, it would be a good time for a deep belly breath," she continued. "As you consume your meal, keep checking in with your belly regularly to see if it is signaling it has had enough. Can you pause when you get this signal? So many Americans just keep on eating until their plates are clean as a whistle. Let your stomach be your guide. Eating in this fashion can aid digestion, release weight and increase a positive frame of mind."

And mindfulness – and its benefits – reach far beyond the dining room table.

"Living mindfully to me is about being as aware as I can to what's going on within and around me. As an example, this morning when I was walking, I spontaneously began to say to myself, 'Right now, I feel the sun on my head. I feel this cold breeze. I can tell my legs know how to walk and I am grateful for that. My haircut feels so good. Am I satisfied? And that's huge for me to ask. Right now I am smiling.' It's coming back to what my senses and thoughts and feelings are telling me right now," Gutterman explained.

She noted that many people live in the future, worrying about the "what if." Others ruminate about the past, focusing on the "if only."

She said that living mindfully helps us be cognizant of those patterns.

"When I'm aware I'm somewhere not wholesome or healthy or doing me much good," she said, "I just remind myself what I have is breathing moment to moment." **GL**

Learn more at bordeauxnutrition.com, mindfulselfcompassionateway.com, and mindfulwow.com.

Feeling overwhelmed?

How to find a good fit for help

by Alicia B. Smith
Associate Editor

Change can be exciting and exhilarating, or draining and overwhelming. It is often a change in circumstances that leads an individual to seek ways to adjust and move forward. Sometimes the help of a therapist is needed.

But how? That, too, can be overwhelming, but it does not have to be.

"The most common diagnosis I use in my practice is what is called adjustment disorder diagnosis," Mitch Page, LCSW of Newington, said, adding that while anxiety and depression may be involved what his patients are often struggling with is a life change. This could be a loss of a job, having a baby, losing a spouse, or even adjusting to retirement.

"There is a small number who have truly biological-based illnesses," he said. "It does not mean you are crazy. That is such a terrible term, but even those are triggered by life stressors or life adjustments."

To begin, consider your goal. What do you hope therapy will do for you?

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that can guide you to the help you can get," Page said.

When in the midst of an overwhelming life event, it can be difficult to think clearly. However, it could be beneficial to take a deep breath and find help.

"Facing a major life transition or other life issue that the person might benefit from having an objective professional third party's help with," Elliott Strick, LMFT of West Hartford said, is the best way to know when therapy might be a good option.

"These might include loss of a job, ending of a relationship/marriage, death of someone close, assistance with recovery from addiction, all of which might lead to feelings of depression or anxiety that don't get resolved easily or in a reasonable amount of time," Strick said. In other words, it could be, he said, "an emotional problem that is adversely affecting the quality of one's life."

Strick has counseled individuals and couples who are wrestling with infidelity issues, communication within a relationship, the ending of a relationship, those overcoming pain resulting from trauma in the past, or anxiety and depression.

Finding a good fit with a therapist could lead to positive outcomes. However, there are some questions a patient might want to think about before choosing.

Page suggested thinking about whether you would feel most comfortable with a male or female practitioner, or one who specializes in a particular area such as transgender or LGBTQ issues.

"Another consideration, obviously, is finances," Page said. Those who have insurance through their employer may cover the deductibles for a therapist and, in other instances, the provider has a contract with a insurance agency to charge a specific amount. "I am ethically obligated to charge the contracted fee," Page said.

In addition to questions about finances, gender and location, Strick suggests that patients also discuss the therapist's experience with relevant issues. Once these questions have been thought over, the next step would be to consider how to best approach therapy. Would seeing someone one on one in an office environment be preferable? Or, it might be best to seek a group practice with an MD on staff in the event the medications need to be prescribed. There are also clinical options available and practices specializing in a specific area, such as women's or geriatric issues.

Resources to find a therapist include an individual's own doctor. Page explained that men tend to ask their primary care physician for a referral, while women often ask their OBGYN. Either way, a trusted professional can often make an appropriate suggestion. In addition, Page said the 2-1-1 Infoline can be helpful.

"They are trained clinicians, not licensed health professionals. They can help you sort through what type of help you need," Page said, adding that they can use a zip code or the name of a town to find a nearby therapist.

If possible, Strick suggested interviewing, in person, more than one therapist before making a choice. Additionally, one can ask friends and family members or a primary care doctor. Online profiles on psychotherapy sites can offer some leads. Websites such as goodtherapy.org, psychologytoday.com or therapistlocator.net are good places to start, according to Strick.

Once an appointment is made, Page said patients can expect to discuss in the first session or two what he referred to as a "contract," often in the form of a series of questions: How can I help you? What are you working on? How will you know if I have been helpful? What will be different after three sessions, after eight sessions? In some instances the therapist and patient may have a more formal contract that is signed, otherwise it is a verbal contract so both have a clear understanding of what the goals are for the patient. The goal could be anything from feeling more hopeful, having more energy, or not arguing with your spouse as much.

"You will know after two or three [sessions] if one, you are making progress toward your goal and, two, separate from the goals, you want to make sure the fit is right," Page said.

Ed Federici, LMFT, based in Wethersfield encourages patients to ask themselves questions. Among them are, "What is my hope if therapy goes well? What am I feeling like inside? What are the externals that are different in my life because of therapy?" he said.

Ultimately, seeking help should not make one feel ashamed or embarrassed. "We all go through challenges in life; we feel alone," Page said. "No one should feel shame or embarrassment to meet with someone if they need help or are in trouble."

"We think mental health care is underutilized by the thousands across this country," Page said. "Everyone needs help once in awhile." GL

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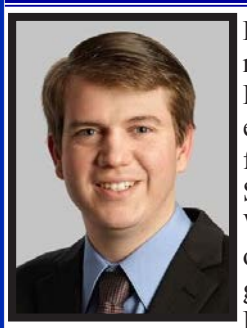

Dr. Wainright, a Connecticut native, graduated from Harvard University. He earned his medical degree from the Duke University School of Medicine. Dr. Wainright also completed an ophthalmology residency and glaucoma fellowship at the Duke Eye Center. He will join our practice in August.

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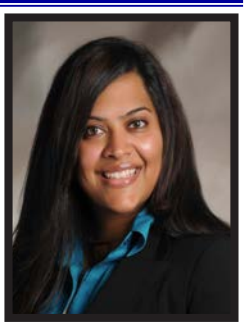

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Did you know?

Running on a variety of surfaces instead of sticking to just one surface may help runners reduce their risk of injury. Officials with the USA Track and Field's Sports Medicine and Science Committee recommend that runners vary their runs so they run on pavement, trails and tracks. While it helps to run on various surfaces, researchers do not believe one particular surface is better than another.

In fact, while running on asphalt has long been assumed to increase injury risk because of the presumption that harder surfaces produce greater impact forces on the body, a 2008 study from researchers at the Hannover Medical School Department of Plastic, Hand and Reconstructive Surgery in Germany found that running on asphalt surfaces decreased mid-portion tendinopathy risk while running on sand surfaces increased that risk tenfold.

Heart health advice for women

Heart disease may be something most commonly associated with men, but it can be deadly for women as well. According to the Centers for Disease Control and Prevention, heart disease is to blame for one in every four female deaths in the United States.

Recognizing the threat that heart disease poses is a great first step for women who want to avoid becoming one of the hundreds of thousands of women who lose their lives to heart disease each year. The U.S. Food and Drug Administration offers the following advice to women looking to prioritize their heart health.

Thanks to food labels, it's easier than ever for women to consume heart-healthy diets. When examining labels, look for foods that are low in sodium and sugar. When planning meals, avoid foods that are high in trans fats. In 2015, the FDA ruled that trans fats were not recognized as safe for use in human foods and gave manufacturers three years to remove them from their products. The Cleveland Clinic advises consumers to check labels for partially hydrogenated oils, a hidden source of trans fats.

Certain conditions can increase a woman's risk for heart disease. While women may not be able to turn back the clocks and prevent these conditions from developing, they can take them for the serious threat they are and do their best to manage them. High blood pressure, diabetes and high cholesterol can increase a woman's risk for heart disease. Take medications as directed, monitor blood sugar levels if you have diabetes, and routinely have your blood pressure and cholesterol tested to ensure any pre-existing conditions are not increasing your risk for heart disease.

The FDA notes that many physicians prescribe aspirin to lower patients' risk of heart disease, clot-related strokes and other problems related to cardiovascular disease. However, there are risks associated with long-term aspirin use that should be discussed with a physician. According to the FDA, bleeding in the stomach, bleeding in the brain, kidney failure and certain types of stroke are some of the potential side effects of long-term aspirin use. Such side effects may never appear, but the risk that they might makes discussing the pros and cons of aspirin well worth it. **GL**

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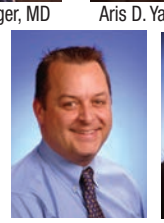
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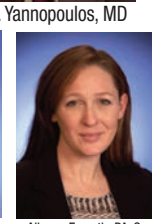
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The evolving world of Alzheimer's

Alzheimer's disease is one of the most prevalent types of dementia in the world, affecting an estimated 35.6 million people all over the globe, and that number is expected to double in 20 years.

The Alzheimer's Foundation of America estimates that as many as 5.1 million Americans may be living with Alzheimer's disease. Australian company Actinogen Medical says Alzheimer's is Australia's second biggest killer. According to a 2012 study commissioned by the Alzheimer's Society of Canada, 747,000 Canadians were living with cognitive impairment, which included, but was not limited to, dementia.

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disease and other types of dementia may experience a decline in mental function severe enough to reduce their ability to perform everyday activities. Some of the cognitive functions that may be impaired include memory, communication and language, ability to pay attention, reasoning and judgment, emotional control and social behavior.

There is no cure for Alzheimer's disease, nor is there an effective long-term way to prevent potential mental decline. However, that has not stopped scores of researchers and medical teams that continue to study the efficacy of different drugs and therapies. The following are some of the more promising options in the works.

There is no cure for Alzheimer's disease, nor is there an effective long-term way to prevent potential mental decline. However, that has not stopped scores of researchers and medical teams that continue to study the efficacy of different drugs and therapies.

Leukine

A safety trial on the drug Leukine already is underway at the Colorado University Anschutz Medical Campus.

"We found, so far, that Leukine is safe in people with Alzheimer's disease," said Dr. Huntington Potter, the director of Alzheimer's research at the university. "That means it doesn't have the side effects that so many other Alzheimer's drugs have had, which are swelling in the brain and bleeding into the brain."

Leukine has been successful in removing the plaque or amyloid along the outside of nerve cells in the brain of mice. Researchers do not know the exact mechanism for removal, but the drug is working and working quickly. Leukine also may be helping the brain repair itself. The Alzheimer's Association has donated $1 million toward financing the costs of the next phase of this trial.

Insulin

Neurologists at Rush University Medical Center are testing a type of insulin that is inhaled through a nasal spray to see if it improves cognition and memory function in people with mild cognitive impairment.

"There is growing evidence that insulin carries out multiple functions in the brain and that poor regulation of insulin may contribute to the development of Alzheimer's disease," said Dr. Neelum Aggarwal, a neurologist at Rush and the lead investigator of the study.

The 18-month clinical trial will study the nasal spray versus a placebo in 275 adults between the ages of 55 and 85.

Xanamem

Australian researchers at Actinogen Medical have begun trials of a new drug called Xanamem. More than 170 patients with mild dementia in Australia, the United States and the United Kingdom will take part in the placebo-controlled 12-week trial. The medicine blocks the stress hormone cortisol in order to improve mental function for those with dementias. In 2015, an Edinburgh University study of mice showed reducing cortisol in the brain improved their memory and decreased the number of Alzheimer's-associated amyloid plaques in the brain.

Researchers continue to work as they seek a successful, long-term option for treating or preventing Alzheimer's disease and other dementias. GL

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Healthy in a minute

Quick tips for living strong

by Mara Dresner
Staff Writer

Sometimes it can seem hard to maintain a healthy lifestyle. You're busy. You're saturated with so much information, much of it conflicting. Who has the time to schedule in one more thing?

Well, you do! Believe it or not, there are quick and easy steps you can take to improve your health – and you can start right now in as little as one minute. Let's get started:

Stand up

If you're one of the many people who spend their entire workday sitting in front of a computer, here's an easy to-do. According to Jennifer Garza, ScD., ergonomist for UConn Health, taking even one minute per hour to stand up, stretch, move or walk may be beneficial for your health.

"Prolonged sitting is linked to increased risk for disease and death. And, recent studies estimate that physical inactivity contributes to more than 300,000 deaths annually in the United States," she said.

"There is some good news, though. Evidence suggests that alternating between sitting, standing and moving throughout the day may reduce back pain and promote better cholesterol levels and glucose regulation. It may even help you to become more productive."

It really is that simple. While some people opt to use a sit-stand workstation while working on computer-related tasks, Garza cautions against completely replacing sitting with standing.

"Too much standing, which has been associated with pain, fatigue and chronic venous insufficiency, can be just as harmful as too much sitting," she noted.

Rather, try to incorporate movement throughout your day.

"You may consider walking to a printer or bathroom farther away than the ones you normally use; talking with a colleague in person instead of sending an email or text; taking the stairs instead of the elevator; holding walking meetings; or starting a group stretching or exercise class," she suggested.

And more is definitely better. (You knew that.)

"If possible, try to incorporate at least three to five minutes of movement into every hour," Garza said. "However, even one minute less sitting per hour can help you to feel healthier, more comfortable and more productive."

And don't think that movement during the day is your free pass for binge watching in the evening.

"It is definitely worthwhile to keep the same principles in mind when using the computer, watching TV, or doing other sedentary activities during leisure time," Garza noted.

While watching TV, use the built-in timer – commercials – as your cue to get up and move.

Exercise

You knew this would be on the list. What might surprise you is that it doesn't take hours in the gym to have a positive impact.

Dr. Randall J. Risinger of Hartford Orthopedic Surgeons PC, which has an Urgent Care Walk-in Center in Avon, suggests stretching every day.

"Hamstring flexibility/stretching is critical to prevent and relieve low back pain and knee pain. It is also one of the best stretches to prevent sports-related lower extremity

injuries. Stretching your hamstrings a few minute a day is a great investment," Risinger said. "Stretching your pectoralis muscles helps posture and, more importantly, can help prevent future shoulder problems," such as rotator cuff repair.

Dr. Alexa Veeder, a chiropractic physician and co-owner of Back to Motion in Newington, noted that even short workouts can pay big dividends. She has created a quick lower body workout that can be done anywhere. It takes just 10 minutes, or can be done multiple times for a more complete workout.

"These workouts are good for anyone for a few reasons. It targets areas of the body that are important [in] everyday life. It is important to keep full-body workouts incorporated to keep individuals more active and overall strength [goals are] met. Those who do not incorporate full-body functional workouts are at a higher risk to become injured at activities that they like to do as hobbies due to lack of mobility and flexibility," she explained. "Balance is key for injury prevention such as ankle, knee and even low back injuries. By using these exercises on a regular basis, this can improve muscles around the ankles and other important lower body areas to help aid in stability of legs that one may not have developed without proper training."

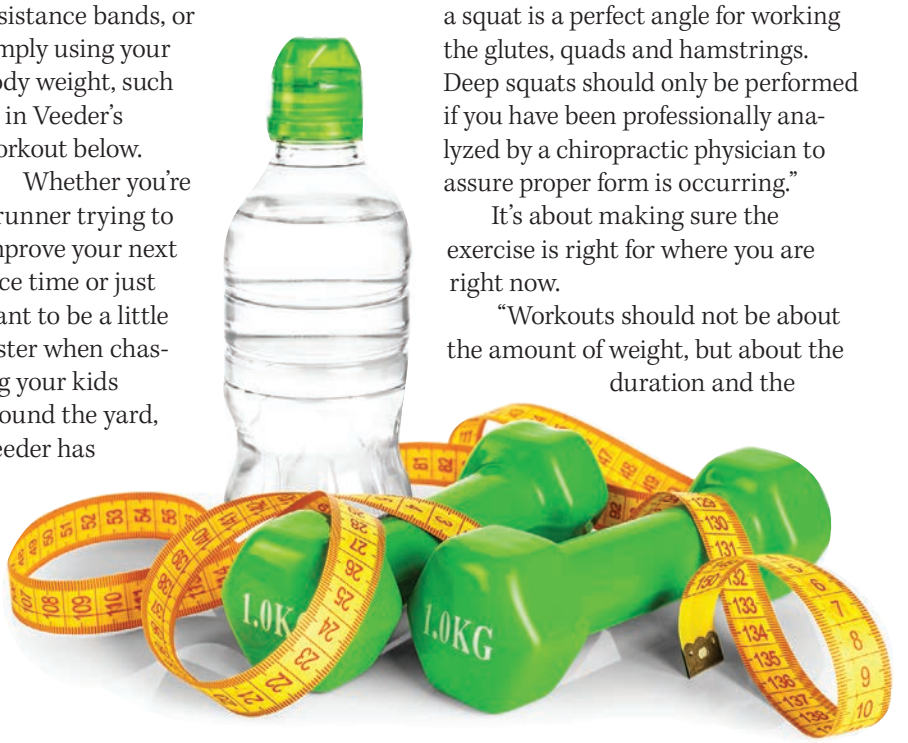
Veeder, who is a marathoner, certified personal trainer and marathon coach, said that runners will find special benefits when they add in cross-training to their routines.

"Cross-training with strength workouts is necessary to see results for speed. Once you begin to build up core, glutes and accessory muscle strength, you will have a stronger momentum of the primary running muscles which, in turn, will improve overall running time," Veeder noted. "Cross-training accessory muscles is a must to improve speed and will propel you forward."

For training for an event such as a marathon, she recommends running three or four times per week with two or three cross-training strength sessions.

"Listen to your body and know when a rest day is needed," she advised.

Options for full functional body workouts include kettle bells and resistance bands, or simply using your body weight, such as in Veeder's workout below.



Whether you're a runner trying to improve your next race time or just want to be a little faster when chasing your kids around the yard, Veeder has a few suggestions for success.

"While performing a squat exercise, make sure to keep upper body squared, shoulders back, and the bending should be from the hips as the back remains erect," she said. "For any squat workout, 45° to 55° in a squat is a perfect angle for working the glutes, quads and hamstrings. Deep squats should only be performed if you have been professionally analyzed by a chiropractic physician to assure proper form is occurring."

It's about making sure the exercise is right for where you are right now.

"Workouts should not be about the amount of weight, but about the duration and the

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importance of proper form in order to activate and fatigue your muscles safely and successfully after 60 seconds," Veeder added.

Here is Veeder's 10-minute Total Transformation Squat Workout:

Warm up with butt kick runs in place (four rounds of 60 seconds): 4 minutes

Squat with elbows bent at 90° angle (add weights to increase difficulty): 60 seconds

Plank position while maintaining hips parallel to the floor: 60 seconds

Push-ups (modify on the knees if needed): 60 seconds

Single leg isometric squat (45°-55°) alternating legs (add weights to increase the challenge): 30 seconds each side

Plank position with alternating knees into chest (keeping a flat back): 60 seconds

Walking lunges, forwards and backwards (add weights to increase difficulty): 60 seconds

Wall sits (hold a weight to increase difficulty).

Tip: Make sure your legs are at a 90-degree angle to properly work your quads: 60 seconds.

Have a little extra time? Repeat the entire circuit (sans warmup) three more times; it will take you just over half an hour.

Read to your child

This is an easy action step with benefits for both parent and child.

"If you are the parent of an infant, toddler, preschool or early-school-aged child, you have likely questioned the best way to maximize your child's developmental potential. We live in a world that pushes parents to 'not miss out' on the important window of brain development that occurs in the early childhood years.

"We are bombarded with ads that promote the use of certain products – whether they are vitamins, nutritional supplements, educational games or technology-based learning tools – to ensure we give our children the best chance to succeed in life. The good news is that with just 20 minutes a day and a trip to your bookshelf or local library you can improve your child's language skills, enhance their brain activity, develop a stronger parent-child relationship and reduce your own stress," Dr. Joy Hong, Prohealth Physicians, Somerset Pediatrics in Glastonbury, said.

Hong said that medical studies have shown that children who are read to at home have more activity in the brain areas that support understanding language and visual imagery. The research is promising for parents, too.

"Parents will also benefit as research done at the University of Sussex shows that reading reduces stress levels by more than two thirds within just six minutes," Hong said, noting an article published in The Telegraph, a British publication.

Pick a story that you know your child likes.

"Children thrive on routine. Reading a familiar book is a great way to create a sense of comfort in an increasingly stressful world. Offer a new book or two, but always keep some of the old favorites available. Allow your child to choose the books and the order in which they will be read," Hong recommended.

"Let your child set the pace. Babies and young toddlers may be more interested in eating the book than reading it. That's OK. Preschool age children may jump up and run around in the middle of the book. This is normal. Tracking the words on the page with your finger, pointing at pictures and making funny sound effects are all ways to enhance the reading experience." **GL**

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Did you know?

Outdoor exercise can benefit both the planet and the people doing the exercising. By exercising outdoors instead of at home or at indoor fitness centers, men and women can reduce their carbon footprints. Exercising in the great outdoors does not require the use of energy-consuming fitness machines.

In addition, when exercising outdoors during daylight hours, nature provides all the light men and women will need for their workouts, further reducing the average person's energy consumption. And it's not just adults who can benefit from spending more time outdoors.

According to the Harvard Medical School, children are likely to get more exercise if they spend time outdoors than they are if they spend time indoors. A study from researchers in England used GPS devices and accelerometers to track the activity of 1,000 children.

The children were more than twice as active when they were outside than they were when they were in inside. When children spend ample time outdoors, that, too, can benefit the environment.

According to the National Institutes of Health, the average youngster spends three hours per day watching television and gets as much as seven hours of screen time each day. When kids are outdoors, they are less likely to be staring at energy-consuming screens and devices than they are when they're indoors.

The Best Medicine

Personalized meds may be the future

When a person feels ill, his or her doctor may assess any symptoms and then prescribe a particular medication to treat or alleviate those symptoms.

Doctors prescribe medications hoping to treat sickness, but sometimes prescriptions fall short, leaving some to wonder if prescription medications could be customized more for individual needs? The science is already here.

Making specialized drugs is not a new concept. Prior to the rise of drug manufacturing companies, early pharmacists routinely customized ingredients. According to Professional Compounding Centers of America, customized medications are created through a process known as pharmacy compounding, which is defined as the art and science of preparing personalized medications for patients.

Specialized pharmacists take a practitioner's prescription and mix individual ingredients together in the exact dosage and strength required. Compounding may be done to change the form of the medication from a pill to a liquid or to remove a certain additive or ingredient, such as gluten, that might cause an allergic reaction. The American Pharmacists Association says that compounding also can be used to flavor a medication in an effort to make it more palatable.

Compounded drugs can be just as safe as mass-produced prescriptions. And thanks to their tailor-made formulas, compounded medications also may help people avoid side effects and other adverse reactions. Compounding gives physicians flexibility in regard to how to best help their patients.

Compounding is done in hospital pharmacies and other health care facilities. There also are thousands of community-based pharmacies in the United States that specialize in compounding services. Pharmacists in these facilities spend all of their time making special preparations.

All pharmacists and pharmacies engaged in compounding are subject to oversight by both federal and state authorities. On November 27, 2013, Congress amended the Federal Food, Drug, and Cosmetic Act by enacting the Drug Quality and Security Act to ensure that compounded drugs are produced in accordance with applicable federal requirements. The National Association of Pharmacy Regulatory Authorities helps to oversee compounding in Canada. Preparations of products are subject to the Food and Drug Act and Regulations, Good Manufacturing Practice guidelines and inspection by Health Canada.

Pharmaceutical compounding may not be new, but it is increasingly relied on to create the best formulations for individual patients. **GL**

Did you know?

According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things older adults can do to promote their long-term health.

The CDC recommends that men and women age 65 or older who are generally fit and have no limiting health conditions need at least two hours and 30 minutes of moderate-intensity aerobic activity, such as brisk walking, each week. In addition, such people should perform strength-training activities that work all major muscle groups at least two days per week.

While many fit older men and women with no preexisting health conditions are capable of these activities, those able to push themselves a little further can opt for 75 minutes per week of vigorous-intensity aerobic activity, such as jogging or running, combined with the same strength-training regimen.

A combination of moderate- and vigorous-intensity aerobic activity coupled with strength training may also provide adequate physical activity for aging men and women.

Before beginning a new exercise regimen, men and women should consult with their physicians to discuss any limitations they may have and how to manage those risks while still being physically active.

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When to let go

How to give the best love and care to elderly pets

by Nancy Thompson
Editor

We take them into our homes and our hearts, care for them and love them. And when our pets become old, we worry about them and want to give them the special care they need and deserve.

What should we look for, and how do we help? And, eventually, how can we know when it's time to let them go?

"With older pets, it's the same as with older people," said Stewart "Chip" Beckett, a veterinarian and the owner of Beckett and Associates Veterinary Services in Glastonbury.

"They may not have the ability they used to have, but that doesn't mean they aren't valuable members of the family."

He said there's no doubt about the value of the bond between humans and their pets, citing animals who help people with post-traumatic stress disorder, autism and other special needs. "It's a two-way street," he said. "The relationship may evolve, but it's still a good relationship."

The important issue is how the relationship might be changing. "Animals tell us when they're not enjoying life any more, just like people do," he said. "Are they interested in getting up and seeing us? Are they happy? If they're basically happy, that's great. A lot can be done with management to make old age better."

For example, he said putting rosin on the feet of dogs with spinal arthritis makes their paws sticky and helps with mobility issues. Monitoring an older pet's dental health also is important.

"Dentistry is important," he said. "Abscessed teeth can release bacteria into the bloodstream, and dental disease is the root of a lot of kidney problems. It's an area where people can help."

Better nutrition, an increased awareness of the dangers of letting pets roam outside, and better control of fleas and other parasites have extended the average life span of many pets.

"We have senior diets with less protein and higher fiber, good-quality food with antioxidants and vitamins. We have glucosamine and other medications that offer the same benefits as they do for people. Dogs are living longer," Beckett said.

"When I started in practice, 10 years was a normal life span. Now they're living to 13 or 14 years."

Even with healthier food and better medication, at some point older pets will start to decline. Sometimes that's caused by mobility issues, kidney or heart disease, or other quality of life issues.

"Sometimes there are situations," he said. "A 15- or 20-pound dog is easier to pick up and carry than a 50-pound dog. Sometimes pet owners get to a point when they can't physically or emotionally do it. Some people just can't deal with it."

Others try everything they can to extend their pet's life.

"People's view of death and dying differ," Beckett said. "If you want to spend $30,000 on chemo, surgery and radiation, I can do that, but not if you want to spend $300. People have to ask what their budget is and have a clear idea of what to do."

He said people dealing with a pet with a chronic disease often get in further than they had anticipated.

"Often they try one more thing, then two weeks into it they're doing things they never thought they'd want to do. The vet's job is to tell you what's available, but I can't make the decision for you."

It's a tough decision to end a pet's life, and not one to be taken lightly. "When it's time, make sure everyone's on the same page," he said. "Remember that after we put them down, we can't make them come back."

Kristin K. Haviar, known as "Dr. K" to her clients at the Animal Hospital of Rocky Hill, said it's important for pet owners to look for changes in their aging pets' thirst, eating habits and behavior. She said increased thirst could be a sign of diabetes or kidney disease and recommended calling a vet and having blood work done. Appetite changes could be a sign of hormone imbalance and also could call for blood work.

A decrease in thirst or appetite

Pets and Vets

also can be significant.

"With older pets we see changes at different times of year for no apparent reason,' she said. "We see cats, especially older cats, who are constipated. Sometimes they're just not feeling well. Some have diarrhea, others get dehydrated."

She said a decrease in appetite can be a symptom of a variety of issues, including kidney or liver disease and cancer. Haviar said dogs and cats often react differently to not feeling well.

"Cats are quiet," she said. "They sometimes act OK until the problem is severe. Dogs usually let you know."

Haviar said cats tend to get an overactive thyroid that makes them eat a lot of food while losing weight, while dogs, especially bigger dogs, often have an underactive thyroid and put on weight.

Dogs and cats should be checked out by their vet more often as they get older. "The most important thing is to have them seen more often, usually every six months, with blood work at least once a year," she said. Pet owners also should notice issues such as lameness, which might or might not be a symptom of a serious problem.

"Lameness for a day or two might be a soft tissue problem or achy joints, but if it lasts more than a couple of days or is severe it needs to be checked out."

Like people, older pets may experience cognitive issues.

"We're seeing pets live a lot longer," Haviar said. "Some experience cognitive dysfunction. They're awake at night, they become more vocal, and you see them staring into space, but there are supplements to help with that."

For Jacoba Nassar, a veterinarian at the Roaring Brook Veterinary Hospital in Canton, a pet's quality of life depends on a variety of issues, including comfort, its appetite, whether a pet is enjoying its normal routine and whether a pet is having more bad days than good days.

While not something to be taken lightly, she said she believes that euthanasia should be seen as a way for someone to take responsibility for their pet's dignified passing.

"That's the way it should be perceived," she said. "It's a nice option, sort of the next step for treatment, the final treatment. Some say they waited too long. It's so personal," she said of the decision to end a pet's life. "It can't be well defined. It's not just one issue."

Barb Guse, a member of the staff at Veterinary Specialists of CT in West Hartford, is one of a small number of licensed physical therapists in the state who is certified as a canine rehabilitation practitioner and has a different perspective on the aging process in dogs.

"Old age is not a disease," she said. "You can't just say, 'Oh, he's just getting old.' It's important to check with a vet to see if the problem is something that needs to be treated."

She said that, while older dogs may lose strength and flexibility and be unable to do some of the activities they used to do, they can adapt to new routines.

"The owner shouldn't expect them to do the longer walks," she said. "Dogs require daily low-impact exercise, shorter walks, done more often. The owner needs to accept that the dog is aging. Even if they want to do long walks, they shouldn't because they could get hurt. You don't want to ask an older dog to jump into and out of a car or go up and down stairs. It's a safety issue, and it erodes their confidence, big time."

She said owners of older dogs with mobility issues should consider devices such as ramps and steps so their dogs will be confident. "If stairs are an issue, you'll need carpet and have the stairs well lit. Keep their nails trimmed, and if their paws get dry and cracked you can lubricate their pads, which will help them with traction. Keeping their confidence level up will encourage them to stay active."

Guse said that what she does at the clinic is very similar to what physical therapists do with humans, including exercises, treatments with heat and cold, and a water treadmill.

"There are all kinds of things that can be done, and they do so well," she said. They're just the best patients, and it's pretty amazing what we can do for the old guys." GL

Howard Asher, DVM
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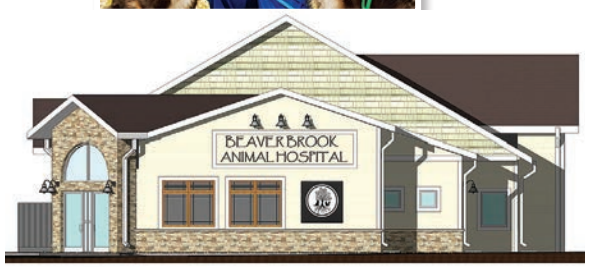

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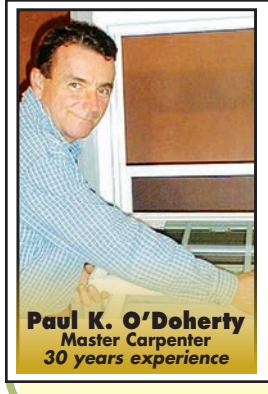

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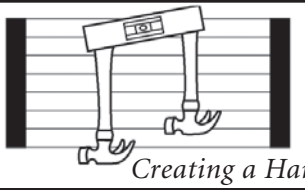

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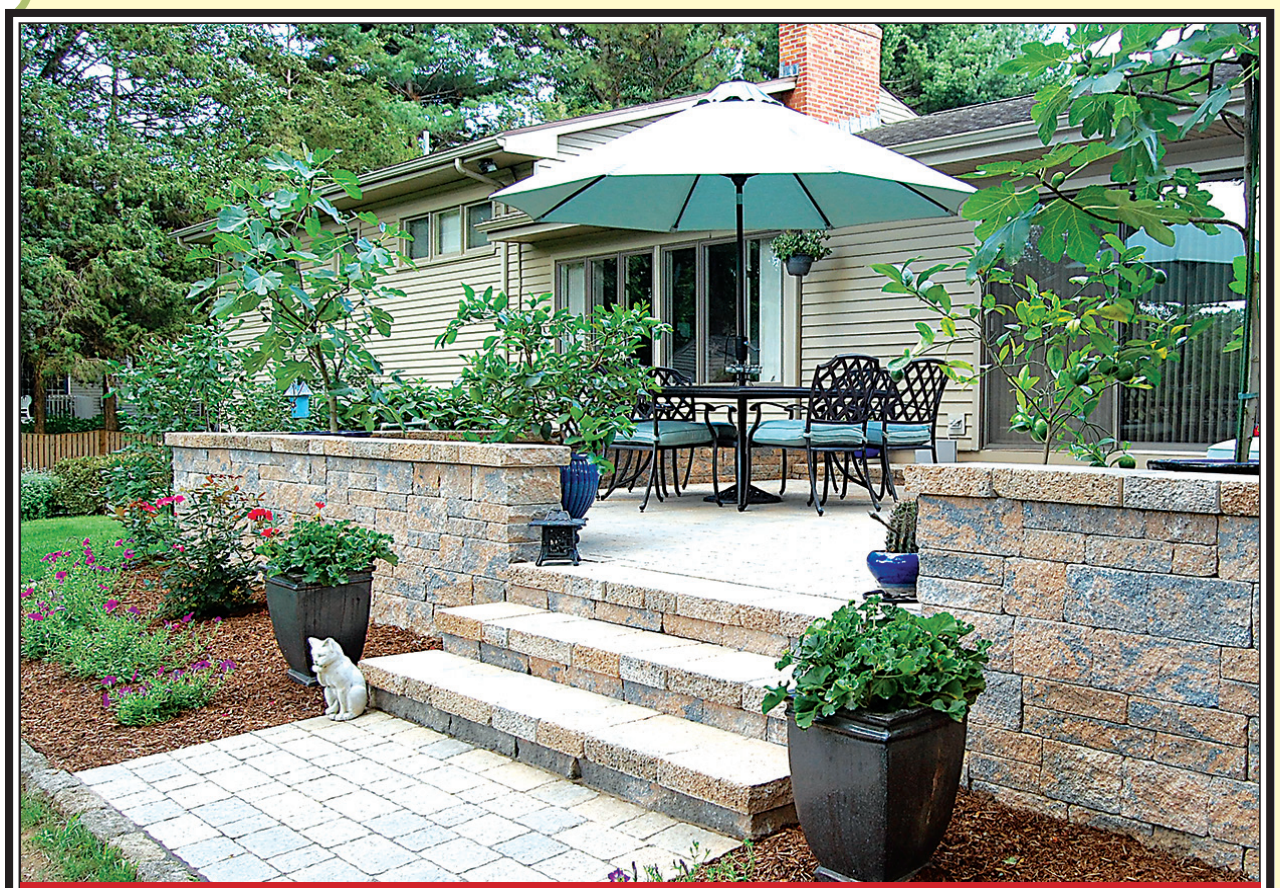
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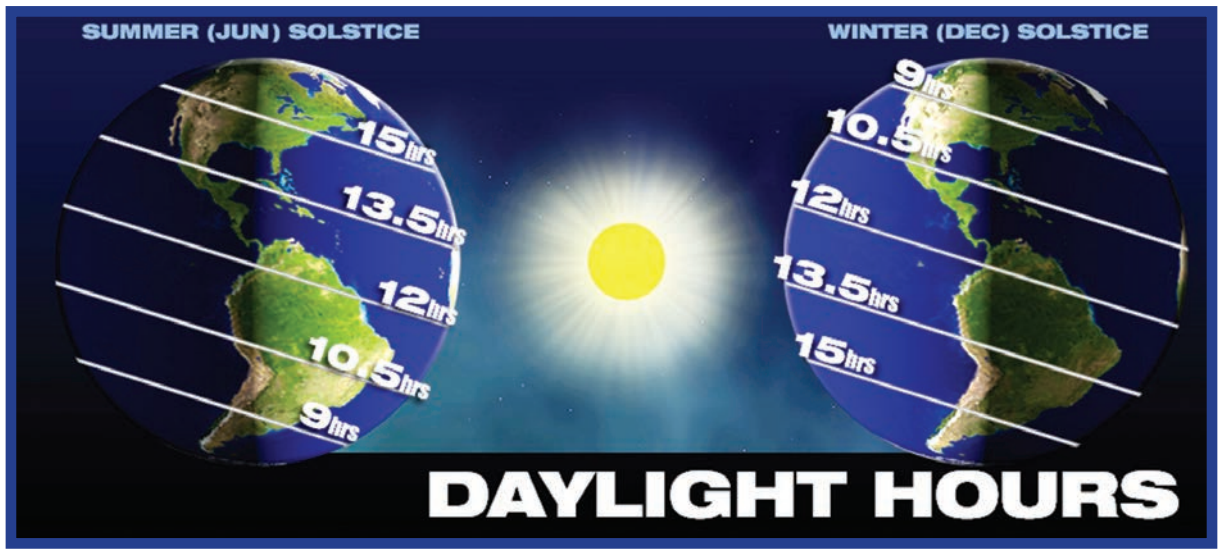


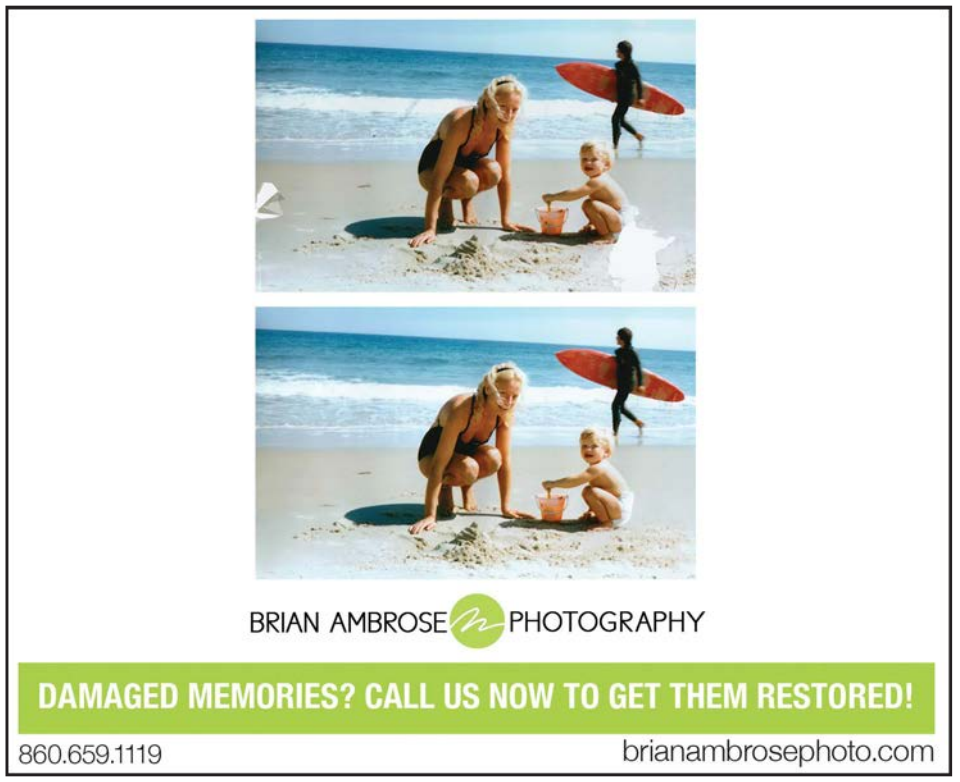
Savor/Enjoy the Daylight

First, let me just say that I hope everyone reading this article is having a great summer! Speaking of "summer" ...while the "meteorological" season started on June 1st, the "astronomical" season officially kicked off on June 21st (with the solstice). On this date, there is the greatest amount of possible daylight of the year, 15 hours and 14 minutes to be exact.

On a bright day here in Connecticut during the summertime, many like to get out and enjoy the sunshine – if it's heading to area beaches, a local pool, or a golf course (etc). So, you'll certainly want to savor each and every minute, since every day past the solstice, as we head toward autumn (and later winter), we lose daylight. But how much?

In this month alone, the loss of daylight is 45 minutes! On July 1st, the sunrise is at 5:19 a.m. and then sets at 8:30 p.m. By the end of the month, the sunrise shifts to 5:44 a.m. and then sets 20 minutes earlier, at 8:10 p.m.

So while this article may offer up somewhat depressing news, get out there and have fun ...as we head toward the Autumnal Equinox (on September 22nd), we will lose another 2 hours and 17 minutes. By the winter solstice, our total possible daylight dwindles to 9 hours and 7 minutes! GL



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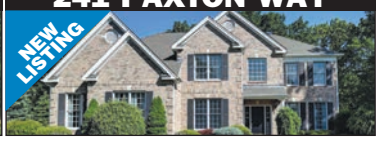
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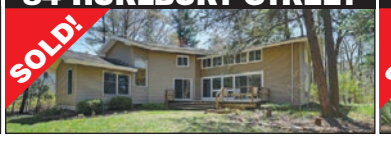
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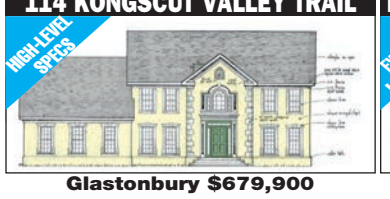
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